

THE SOURCE

Hosted by Oaklawn



TRAINING CATALOG

WWW.THESOURCEELKHARTCOUNTY.ORG

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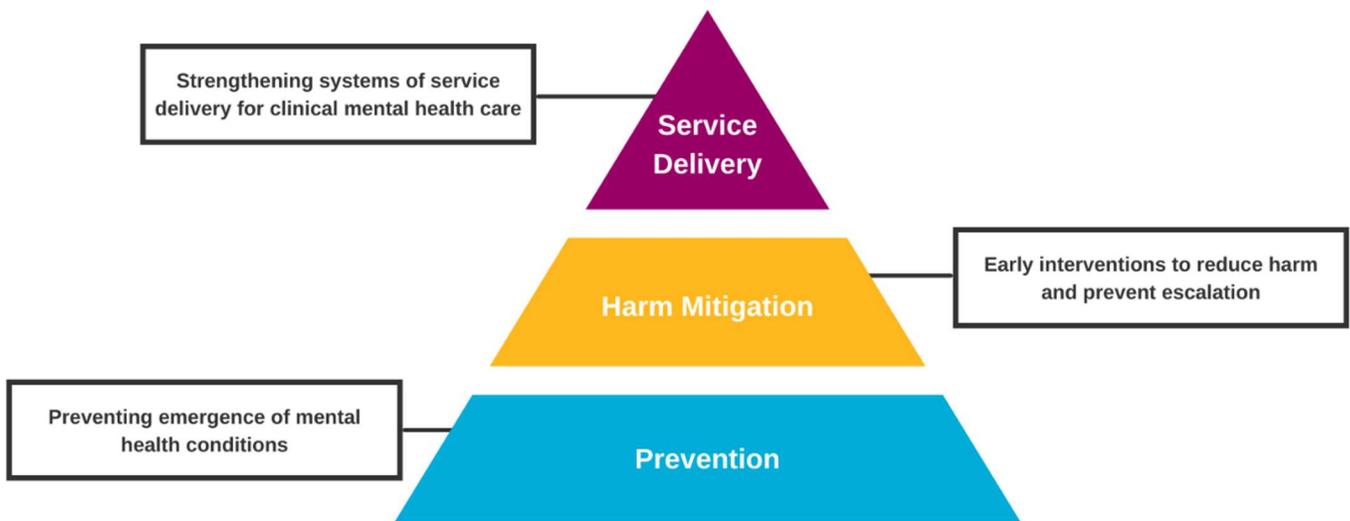
Recorded Trainings

A select number of our trainings have been recorded and posted to our website to be viewed at any time. These recorded trainings span a wide variety of topics. To access these recorded trainings please visit our training <https://thesourceelkhartcounty.org/trainings/> and PFC <https://thesourceelkhartcounty.org/pfc/> pages.

To request a training, email pfc@oaklawn.org.

Public Health Pyramid

The public health pyramid gives us a framework for understanding key points of intervention to improve the mental well-being of children and youth in our community. We seek to prevent the emergence of mental health conditions, reduce the harm caused by mental health concerns that have already developed and support effective treatment for those with formal mental health diagnoses.



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 and youth 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.

Child Abuse Prevention

Darkness to Light: Recognizing and Reporting Child Abuse and Neglect

Harm Mitigation

This 1-2 hour training provided by *CAPS* 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.

Darkness to Light: Stewards of Children

Prevention

This 2-hour training provided by *CAPS* is an evidenced-based training on preventing, recognizing, and reacting responsibly to child sexual abuse.

Child Development

Developing Empathy in Children

Prevention

This 1-1.5 hour training provided by *The SOURCE* will identify empathy, why it is important, and how to build empathy in children. A shortened Zoom recording is available at www.thesourceelkhartcounty/pfc.

Children's Mental Health

Introduction to Children's Mental Health

Prevention

This 1-2 hour training provided by *The SOURCE* 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 three practical tools to use as early intervention strategies.

Introduction to Psychological First Aid

Harm Mitigation

This 1-3 hour training is provided by *The SOURCE*. 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.

Youth Mental Health First Aid

Harm Mitigation

This 6 hour training provided by *The SOURCE* teaches adults the basics of mental health issues faced by youth and simple intervention strategies when a youth is facing a mental health crisis.

Culturally-Informed Care

Cultural Competence & African Americans

Prevention

This 1-2 hour training provided by *The SOURCE* will introduce cultural competency and give insight into disparities and disproportionalities in the African American population. It will encourage a journey of self-reflection to reduce our own biases and promote health equity.

Cultural Competency: Journey Towards Cultural Humility

Service Delivery

This 2 hour training provided by *The SOURCE* will introduce the difference between cultural competency and cultural humility. It will introduce current local and global disparities among Black, Indigenous, and People of Color (BIPOC) and current misconceptions of the BIPOC community that can negatively influence a service provider's interactions with BIPOC clients. Participants will identify what health equity is and how to increase health equity in all services provided, specifically for the most marginalized BIPOC clients.

Cultural Competency: Working with BIPOC Parents

Service Delivery

This 2 hour training provided by *The SOURCE* will provide a solid foundation of diversity, equity, and inclusion knowledge and will demonstrate the importance of reducing disparities and disproportionality within the most vulnerable Black, Indigenous, and People of Color (BIPOC) families. Participants will be given culturally competent, strategic ways of reducing these disparities and disproportionately poor outcomes in the programs and services they provide. Participants will also learn ways of using cultural humility to increase health equity among the BIPOC parents and families they serve.

Cultural Competency in Policing: 4 Ways to Increase Humility

Service Delivery

This 1.5 hour training provided by *The SOURCE* will educate police officers about the factors that contribute to and influence problematic and desperate behaviors from vulnerable, underserved populations. Some of the factors that will be discussed include, trauma, Adverse Childhood Experiences (ACEs), social determinants of health, poverty and historical trauma. Officers will learn the best ways to communicate with people who are stressed or anxious in culturally competent and trauma-informed ways to effectively de-escalate and resolve conflicts. Officers will also be provided with four ways to increase cultural humility, reduce re-traumatization, and foster better connection with diverse populations.

Cultural Sensitivity and Humility

Prevention

This 1-1.5 hour training provided by *The SOURCE* 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.

Intro to Cultural Competency Training in Schools (Part 1)

Service Delivery

This 2 hour training provided by *The SOURCE* will focus on this value of cultural competency and cultural humility in attending to diversity, equity and inclusion in our school and life contexts. Participants will understand the difference between disparity and disproportionality and their impact on Black, Indigenous People of Color (BIPOC) students in our schools. Participants will also get an introduction to implicit Bias and the ways this can negatively influence our interactions with diverse students.

Intro to Cultural Competency Training in Schools (Part 2)

Service Delivery

This 2 hour training provided by *The SOURCE* will take a deeper dive into implicit bias and the long-lasting impact it has on BIPOC youth. Participants will look at practical ways to reduce implicit bias in schools, reflect on the training materials, and brainstorm ways their school can be more culturally responsive. This training will also look at the Pygmalion effect and discuss it's effectiveness in altering negative perceptions of difference and increasing positive expectations for children.

Mosaic LGBTQ+ Cultural Awareness

Prevention

This 2 hour training provided by *Mosaic Health and Healing Arts* 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.

The Power of Cultural Sensitivity in Mentorship: Embracing Cultural Differences Among Black, Indigenous, and People of Color (BIPOC) Mentees

Service Delivery

This 2 hour training provided by *The SOURCE* will teach mentors how to connect and communicate more effectively cross-culturally with youth on probation. Mentors will be taught skills to become more culturally competent, culturally humble, and culturally responsive to the unique needs and strengths of BIPOC youth. Mentors will also be able to effectively connect with BIPOC youth on probation and will understand the resiliency they have and the disadvantages they have experienced.

Evidence-Based and Promising Practices

Introduction to Conscious Discipline

Prevention

This 1-1.5 hour training provided by *The SOURCE* will focus on the fundamental principles of Conscious Discipline® and tips on how to interact with young children. It will introduce basic structures that promote safety, connection, and problem-solving among young children.

Trust-Based Relational Intervention® (Part 1)

Prevention

This 1-2 hour training provided by *The SOURCE* is part 1 of a 2-part series on Trust-Based Relational Intervention (TBRI). Part 1 will increase understanding of the three core principles of TBRI®, explore the power of connection and empowerment through a trauma-informed lens, and will identify strategies to connect with and empower youth.

Trust-Based Relational Intervention® (Part 2)

Prevention

This 1-2 hour training provided by *The SOURCE* is part 2 of a 2-part series on Trust-Based Relational Intervention (TBRI). Part 2 of this 2-part series will review TBRI® principles of connecting and empowering. It will increase understanding of the TBRI® correcting principle and how it can simultaneously build relationships and decrease challenging behaviors. It will also allow participants to practice implementing the TBRI® principles of connecting, empowering, correcting, and identify how this can be applied at your organization.

Family and Caregiver Support

Family Engagement

Service Delivery

This 1.5 hour training provided by *The SOURCE* will highlight the importance of family engagement by giving examples of how engaging the family can increase their sense of connection, felt safety, and support. Participants will identify barriers to family engagement and will identify strategies to engage families in their organization.

Grief and Loss

Stages of Grief and COVID-19

Prevention

This 1-2 hour training provided by *The SOURCE* will explore Kübler-Ross' six-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.

Supporting Children Through Grief and Loss

Harm Mitigation

This 2 hour training provided by *Ryan's Place* will explore the grief and loss process and identify ways to provide support to children as they navigate the process through their grief.

Leadership

Building Resilience on Your Team

Prevention

This 1-2 hour training provided by *The SOURCE* will explore the neurobiology of resilience and concrete skills to building resilient teams.

Leadership in COVID-19 Times

Harm Mitigation

This 1-2 hour training provided by *The SOURCE* will focus on the practical application of leadership skills like, decision-making, communicating within a team, and framing the narrative.

Trauma-Informed Leadership

Prevention

This 1-2 hour training provided by *The SOURCE* 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.

Resilience and Self-Care

Building Connection Through Play

Prevention

This 1-1.5 hour training provided by *The SOURCE* will focus on the purpose and process of play. It will identify play techniques and activities that can build connection between children and those working with children. A shortened Zoom recording is available at www.thesourceelkhartcounty/pfc.

Building Resilience

Prevention

This 1-2 hour training provided by *The SOURCE* will define trauma and what it means to be trauma-informed. It will increase understanding of the neurobiology of trauma and resilience. Participants will create a personalized resilience building plan and identify ways to use this information to help others build resilience.

Let's Play! Healing Hearts and Building Resilience

Prevention

This 1-2 hour training provided by *The SOURCE* will discuss the power of play in building and supporting healthy brains and physical health throughout the lifespan. It will provide evidence that play can prepare children to be positively engaged in the community and world. Participants will gain knowledge about the research supporting play as a practice that strengthens resilience. Participants will be given the opportunity to experience the power of play first-hand and develop a personal plan for engaging playfully with children.

Mindfulness

Prevention

This 1-1.5 hour training provided by *The SOURCE* will focus on the benefits of mindfulness and explore different ways to introduce mindfulness to children.

Self-Care

Prevention

This 1-2 hour training provided by *The SOURCE* will explore occupational hazards for individuals working in helping professions. It will define self-care and will focus on the benefits of practicing self-care for personal and professional development, as well as will explore a range of self-care practices. Participants will have the opportunity to create individual self-care plans.

Self-Regulation in Children

Prevention

This 1-2 hour training provided by *The SOURCE* will focus on understanding the zones of regulation, children's responses to big feelings and will identify calming strategies to use with children. A shortened Zoom recording is available at www.thesourceelkhartcounty/pfc.

Teen Mental Health and Wellness: Managing Stress

Prevention

This 1-1.5 hour training provided by *The SOURCE* 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. A shortened Zoom recording is available at www.thesourceelkhartcounty/pfc.

Staff and Educator Professional Development

Cultivating Adult and Student Practices that Support Equitable Educational Experiences

This professional development series presented by The SOURCE is designed to meet the unique needs of your staff. The content and objectives for the four training options outlined below can be tailored to the specific context of your site or organization and vary in length.

Intro to Trauma-Informed Practices for Schools

Prevention

Building resilience to support learning is a journey, but we can commit to building caring, trusting relationships with all students in ways that improve our students' ability to persist and succeed. This is essential for all students but is imperative for healing with students who have experienced trauma. Explore several key trauma-informed strategies that can easily be integrated into your current context while encouraging you on the path towards building a more trauma-informed learning environment.

Creating a Culture of Belonging

Prevention

Belonging is the experience of acceptance, respect, and inclusion within a group or community. It is also one of the most important activators of a child's engagement in learning. Review the research and learn key practices for fostering a culture of belonging among staff, as a school community and within the classroom.

Building Cultural Competency

Service Delivery

An introduction to cultural competency with insight into disparities and disproportionalities in our school populations. It will encourage a journey of self-reflection to reduce your own biases and promote cultural awareness.

Supportive and Restorative Discipline Practices

Harm Mitigation

An opportunity for reflection and analysis of your current discipline policies, procedures, and practices. What can you learn from looking at your discipline data? How could your practices be reshaped through a lens of equity, trauma-informed practices, and relationship building? Consider the assets and next steps to enhance supportive discipline practices in your school.

Substance Use

Narcan Use

Harm Mitigation

This 30 minute training provided by *Oaklawn* 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.

Substance Use 101

Prevention

This 2 hour training provided by *Oaklawn* will explore substance use, addiction, and recovery. Participants will learn about resources, outreach, and prevention efforts in North Central Indiana.

Suicide Prevention

Blooming Amidst the Thorns: Understanding and Responding to Suicidal thoughts in Elementary School Children

Harm Mitigation

This 2 hour training provided by *The SOURCE* will teach participants how to recognize when a child is in crisis and what to do when a crisis is detected. Participants will learn the key elements of a safety plan, how it is used, and why it is used. This training will also provide suggestions on supporting children in building resilience every day.

QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention

Harm Mitigation

This 1-2 hour training provided by *Oaklawn* 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.

Suicide Awareness

Harm Mitigation

This 1 hour training provided by *The SOURCE* will explore how to recognize when a youth is in crisis, identify appropriate responses to increase safety and build resilience, and provide suicide prevention resources.

Trauma-Informed Care

ACE Interface and Resilience

Prevention

This 1-2 hour training provided by *The SOURCE* will introduce the concept of Adverse Childhood Experiences (ACEs) and their impact on health over the lifespan. It will provide actionable ways to build and support resilience and to prevent further ACEs.

Autism Spectrum Disorder

Harm Mitigation

This 1-2 hour training provided by *The SOURCE* will develop general knowledge of the characteristics and challenges of autism spectrum disorder. It will present approaches for using trauma-informed care to connect and engage with youth demonstrating challenging behaviors. The training will also identify at least three ways to create a safe and supportive environment.

Domestic Violence

Harm Mitigation

This 1-1.5 hour training provided by *YWCA* 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.

Effects of Domestic Violence on Children

Harm Mitigation

This 1-1.5 hour training provided by *YWCA* 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.

Preventing a Crisis

Harm Mitigation

This 6-8 hour training provided by *The SOURCE* 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 oneself if needed.

Secondary Trauma and Self-Care

Harm Mitigation

This 1-2 hour training provided by *The SOURCE* will explore the aspects of secondary trauma for those working directly with individuals who have experienced trauma and will identify a variety of self-care techniques. Participants will have the opportunity to create individualized self-care plans.

Trauma-Informed Environments for Children

Prevention

This 1-1.5 hour training provided by *The SOURCE* 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. A shortened Zoom recording is available at www.thesourceelkhartcounty/pfc.

Verbal Intervention Techniques

Harm Mitigation

This 4 hour training provided by *Oaklawn* and *The SOURCE* 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.

*Trainings offered are subject to change, based on the availability of our presenters.

Presenting Organizations



“To support families to ensure that every child lives a life free from abuse and neglect”

<https://capselkhart.org>



“To bring hope to children and families who are on a mental health journey”

<https://thesourceelkhartcountv.org>



“To eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all”

<https://vwca.in.org>



“With uncommon expertise in mental health and addiction services, Oaklawn joins with individuals, families and our community on the journey toward health and wholeness”

<https://oaklawn.org>



“To provide support in a safe environment where grieving children, teens and their families can share their experience as they move through the healing process”

<https://rvansplace.org>