

**Adverse Childhood Experiences - ACES Training Series**

**ACES 101:**

Understanding Childhood Trauma and Its Impact

1.5 Hours

**TRAINERS:**

Dr. Barb Brady  
John Barton  
& Corey Beahm

**TRAINING OBJECTIVES:**

1. Become familiar with the 10 types of Adverse Childhood Experiences (ACES) to establish a common language for traumatic childhood experiences.
2. Review how trauma affects brain architecture, behavior, and traits.
3. Understand the connection between one's ACE Score and health risk factors.
4. Consider implications for educator and youth development role and next

**ACES 102:**

Overcoming Adverse Childhood

1.5 Hours

**TRAINERS:**

Dr. Barb Brady  
John Barton  
& Corey Beahm

**TRAINING OBJECTIVES:**

1. To review the basics concepts of ACES.
2. To learn ways to overcome ACES.
3. To understand variables related to resilience; protective factors; and Safe, Stable and Nurturing Relationships and Environments.
4. To gain an understanding of Trauma Informed Care risk factors.

**ACES 103:**

Preventing Adverse Childhood Experiences

1.5 Hours

**TRAINERS:**

Dr. Barb Brady  
John Barton  
& Corey Beahm

**TRAINING OBJECTIVES:**

1. To review the basics concepts of ACEs.
2. To understand the role of Trauma Informed Care in healing and preventing ACES.
3. To identify how individuals, families, providers, schools and the community can prevent ACES.

**TOXIC STRESS**

Supporting Youth & Families to Overcome Trauma

1.5 Hours

**TRAINER:**

Dr. Barb Brady

If not addressed, individuals exposed to ongoing trauma and toxic stress suffer negative outcomes, including poor mental and physical health, and early death. Since WV has the lowest life expectancy in the nation, it is likely that our children and families are experiencing high levels of trauma and toxic stress. Best practices for helping children and families overcome and prevent generational recurrence of trauma will be discussed. Professionals who work with youth and families will understand supportive or trauma-informed practices and be able to examine their own practices in creating a safe environment to prevent secondary trauma and instead promote healing.

**Objectives:**

1. Understand how trauma and toxic stress affects the brain and impacts behavior, school success, as well as poor health outcomes.
2. Understand ACEs that contribute to toxic stress
3. Learn ways to support families to mitigate toxic stress, including building resilience and protective factors; and the importance of Safe, Stable and Nurturing Relationships and Environments

## **Building Relationships and Resilience**

1. 5 to 2 Hours

TRAINER:  
Dr. Barb Brady

### PART I (45 - 60 Minutes) OBJECTIVES:

1. To share research about healthy adult/youth relationship outcomes.
2. To identify and discuss key elements of healthy adult/youth relationships.
3. To understand nonjudgement listening and effective feedback practices that form healthy adult/youth connections.

### PART II (45 - 60 Minutes) OBJECTIVES:

1. To review the 7 keys to building resilience.
2. To identify 7 positive experiences that help youth thrive and have positive outcomes.
3. To understand protective factors and the mentor's role with connecting youth

## **CONNECTIONS MATTER**

2,4, 6 Hours

TRAINERS:  
Dr. Barb Brady  
Kelly Tanner Duffield  
Jessica Dianellos  
& other Master Trainers

Everyday connections are more important than we ever believe. Our brains, our relationships, and our community are all interconnected. Science tells us that relationships have the power to shape our brains. Relationships help us learn better, work better, and parent better. When we experience tough times, they help us heal. With each positive connection, we develop a healthier, stronger community. This session uses video, discussion, and experiential activities. The curriculum was developed by Linda Chamberlain, PhD for the Iowa Chapter of Prevent Child Abuse America, and brought to West Virginia by the West Virginia ACEs Coalition.

## **CULTURAL COMPETENCY, I'M OKAY YOU'RE OKAY**

3 - 6 Hours

TRAINER:  
Dr. Barb Brady

Cultural competence is the ability to understand and interact effectively and respectfully with people from other cultures. Upon completion of this training, participants will be able to understand:

- multiple components of culture competence
- cultural competence in today's world
- why conflict occurs between various cultures disrupting cultural competence
- ways to practice and build cultural competence
- how to support individuals with disabilities build cultural competence

## **NAVIGATING the IDN YOUTH DEVELOPMENT PORTAL**

TRAINER:  
Dr. Barb Brady

This workshop will help participants explore and navigate the ION Youth Development Portal to assist participants in easily locating resources by topic for youth, families, and adults who serve youth. Participants will be able to share additional best practices resources and discuss any needs for additional resources.

## **MENTAL HEALTH 101: Understanding and Taking Charge of Mental Health**

60 Minutes

TRAINERS:  
Dr. Barb Brady  
Jennifer Dent

This training supports the counselor in leading safe, nonthreatening discussions with youth to understand the components of mental health based on the CDC and WHO definitions. The counselor is able to discuss with students what interferes with good mental health, and what we can do to take charge of and improve their mental health. Additionally, this training provides mental health resources to improve mental health and identifies some basic coping skills, resiliency traits, and habits that students can develop to lead to positive mental health outcomes.

## **PREPARING STUDENTS FOR A SUCCESSFUL SUMMER**

60 - 90 Minutes

TRAINER:  
Dr. Barb Brady

Summer can be a difficult and challenging time for youth, or it can be filled with fun, inspiration, and growth. Counselors can play a key role in identifying strategies and resources for utilization over the summer, as well as, in educating and supporting parents and community members to support student success during the summer.

Workshop Goals:

- To review best practice summer activities for youth (Grades PK - 23)
- To share resources that are fun, safe, and engaging for summer learning and growth
- To discuss and share online safety resources
- To encourage participant sharing of best practices and resources

## **Partnering with Families to Inspire Youth Career Dreams**

1.5 Hours

TRAINER:  
Heather McChesney

A young person who has a career dream and is inspired about their future is more likely to stay out of trouble and succeed in school. Learn how to use the state's premier free career portal to support middle and high school youth with exploring career and college options and building career dreams. The College For West Virginia (CFWV) portal is a free one-stop-shop for WV youth to explore careers and plan, prepare, and apply for college or other training options after high school. During this workshop, participants will be guided through the portal to empower you to support students with navigating the website to explore and plan a path of success for their future. Even if you just have a few extra minutes here and there, youth-serving adults in our communities can be that vital extra resource to help youth become inspired and have hope for their future.

CFWV.COM has a variety of tools for youth-serving adults do exactly that. This free source is sponsored by the West Virginia Higher Education Policy Commission, Community and Technical College System of West Virginia, West Virginia GEAR UP, and West Virginia Department of Education. CFWV and is available at [www.cfwv.com](http://www.cfwv.com).

## **SUICIDE PREVENTION: Recognize, Respond, REACT**

2 to 3 Hours

TRAINERS:  
Barri Faucett -Prevent Suicide WV  
Michelle Tobin - Brother U

Suicide is a complex, multi-faceted event that requires a comprehensive, collaborative approach to both prevention and intervention efforts. This session will provide a responsive model for families and youth-serving adults on suicide prevention, including how to have a safe and meaningful conversation about

Participants will

- be introduced to the significance and prevalence of suicide.
- learn the risk and protective factors associated with suicide.
- learn the general gatekeeper model of how to recognize and respond to individuals with suicidal risk.

## **Supporting Youth in Building Financial Literacy Skills**

1 Hour

TRAINER:  
Diana Whitlick  
Chase Bank

Often financial literacy is never discussed with youth, and they are left to make good financial decisions on their own. Financial stress impacts mental health outcomes. Counselors are in an ideal position to engage with youth and families to support them in building good financial literacy skills.

Participants learn from an expert how to engage with youth and families to discuss these important skills and help youth begin planning for a successful financial future. Student and family friendly financial literacy tools are shared.

## Success Coaching and Mentoring

### **SUCCESS COACHING & MENTORING OVERVIEW**

2 - 4 Hours

TRAINERS:

Linda Bragg  
Teresa Epperley  
and other trainers

SUCCESS COACHING AND MENTORING focuses on clear and tangible steps of student engagement, grit, perseverance, and responsible reactive behavior choices, practices that when effectively implemented will help students by leading them to believe that success is possible for them. For at-risk students, the SUCCESS COACH is often that one adult with whom they can feel a connection. Our focused concepts and steps are designed to transform students from a status of "at risk of academic failure" to a trajectory of improvement and empowerment.

This initiative is designed to train school personnel and volunteers to use proven, evidenced-based strategies when working with students who are at-risk of academic failure. The overview will provide information that will enable community providers and education leaders to decide if and how they may implement this exciting, evidenced-based initiative.

### **SUCCESS COACHING & MENTORING WORKSHOP**

1 - 2 Days

TRAINERS:

Linda Bragg  
Teresa Epperley

This one- or two-day, interactive workshop is designed to train success coaches and project coordinators to support students who are at risk of academic failure. The best-practice model ideally includes a year-long follow-up support and consultation for coaches and coordinators to support effective implementation. As a result of participation in the workshop, education organization leaders and coaches will be able to determine the manner in which they can implement and support success coaching in their system to produce amazing results.

This interactive workshop is designed for school and organizational leaders and success coaches of middle and high school students; targeted to meet the needs of educators working with at-risk youth; and limited to 40 participants.

A follow-up support schedule can be developed with ION success coach coordinators, or this can be offered as a stand-alone training.

### **TEACHING WITH A SUCCESS COACHING AND MENTORING STATE OF MIND**

4 Hours

TRAINERS:

Linda Bragg  
Teresa Epperley  
and other trainers

This school-wide initiative requires much consideration and change in the way a teacher delivers each lesson. The practices introduced in this workshop, when effectively implemented, WILL substantially increase student engagement and result in improved student learning.

Teaching with a Success Coaching and Mentoring State of Mind requires a collaborative atmosphere between teacher and students, and students to one another. The interactive workshop will focus on clear and tangible steps of student engagement, grit, perseverance, and responsible reactive behaviors. The teacher (like a success coach) is an adult with whom students can feel a connection. Listening to what students are saying - even when they're frustrated - will strengthen the teacher/student relationship because it builds trust and will result in students taking ownership of their learning.

The workshop and follow-up support (including collaborative meetings) will build the skills necessary to Teach with a Success Coaching and Mentoring State of

## Neurodiversity Training

### A BRIEF INTRODUCTION TO NEURODIVERSITY

1 - 2 Hour(s)

TRAINER:  
John Barton

Have you ever wondered what neurodiversity means and what exactly we are referring to when we mention adults or youth with neurodiverse needs?

This workshop:

- helps participants understand the term 'neurodiversity' and how to better address the needs of individuals with neuro diverse needs.
- describes common characteristics of neurodiversity, what it is, and what it looks like.
- provide best-practices strategies to manage common symptoms and how to improve accessibility to resources and services for the neurodiverse in your community.

### DISPELLING MYTHS ABOUT AUTISM

1 - 2 Hour(s)

TRAINER:  
John Barton

Autism is the fastest growing neurological disorder in the world. In the US, 1 in every 44 children is diagnosed with Autism. This workshop will focus on explaining autism in everyday language and dispelling common myths about autism including causes, characteristics and impact.

Participants will also learn about treatment options, resources, and best practices in behavior management and positive learning supports.

### A BRIEF INTRODUCTION TO NEURODIVERSITY

1 Day

TRAINER:  
John Barton

In the "Neurodiversity & Accessibility" training, we delve into the concept of neurodivergence, celebrating the unique ways peoples' brains function. We explore conditions like autism, ADHD, and dyslexia as natural variations in cognitive abilities, challenging the notion that there's a singular "normal." The training emphasizes understanding, acceptance, and practical strategies to support individuals with diverse neurological traits. By embracing neurodiversity, we foster a more inclusive and accessible environment that benefits everyone. Participants will have an opportunity to ask questions, seek clarification, discuss experiences and struggles related to interacting with neurodiverse clients and co-workers; and brainstorm strategies to improve interactions and supports to more adequately support individuals with neurodivergence needs.

Learning Objectives:

- Define Neurodiversity and describe common neurodivergent conditions and implications for supporting individuals with neurodivergent needs.
- Discuss the need for empathy and promote ways to create inclusive environments to support better accessibility to services for individuals with neurodiverse needs, including reasonable accommodations and support mechanisms for adapting learning materials.
- Facilitate Peer Learning that allows participants to learn from each other by sharing experiences, insights, successes, and challenges when working with individuals with neurodiversity needs.
- Examine various communication styles and preferences, considering the diversity in how individuals with neurodivergent traits may prefer to communicate.
- Understand sensory sensitivities and provide practical support strategies and guidance on creating sensory-friendly spaces that accommodate neurodivergent individuals.

## Regrounding Our Response WV Training Curriculum \*RORWV

The Regrounding Our Response: West Virginia five-part educational series aims to raise awareness about the public health concepts and best practices used to address the overdose crisis. Reducing substance-related overdoses ultimately improves outcomes for West Virginia families. By providing education and resources for families and the community, we can begin healing from the impact and stop the multigenerational cycle of substance use disorder.

### RORWV ACES

1 - 3 Hours

TRAINERS:  
Amy Snodgrass  
& various Master Trainers

Learn how adverse childhood experiences impact health and substance use and how to build resiliency.

### RORWV Stages of Change

1 - 3 Hours

TRAINERS:  
Amy Snodgrass  
& various Master Trainers

Learn how intentional behavior change happens and how to support it through the process of change.

### RORWV Social Determinants of Health

1 - 3 Hours

TRAINERS:  
Amy Snodgrass  
& various Master Trainers

Learn how social determinants of health affect individuals' and communities' health equity and bias as well as approaches to the overdose crisis.

### RORWV MAT

1 - 3 Hours

TRAINERS:  
Amy Snodgrass  
& various Master Trainers

Use of Medical Assisted Treatments (MAT) can help family members resume normal function (working, parenting roles, etc.). By better understanding MAT, counselors can have informed conversations and help reduce associated stigmas.

Participants will learn:

1. how medications for opioid use disorder can prevent fatal overdoses and help drug users gain back control of their lives.
2. how stigma creates barriers to effective treatment, and
3. how to reduce stigma by their own language and behaviors

### RORWV Social Determinants of Health

1 - 3 Hours

TRAINERS:  
Amy Snodgrass  
& various Master Trainers

Learn how stigma impacts health and alternative ways to support harm reduction strategies to improve public health. This will support counselors in having informed conversations with youth and families when parents/family members are involved in substance use treatment programs.

## Mental Health First Aid

### ADULT MENTAL HEALTH FIRST AID

6.5 Hours (NO CEUs)  
Adult Mental Health First Aid Certificate earned

TRAINERS:  
Dr. Barb Brady  
Candace Smith  
John Barton  
& other partners

Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions and covers:

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

### YOUTH MENTAL HEALTH FIRST AID

6.5 Hours (NO CEUs)  
Adult Mental Health First Aid Certificate earned

TRAINERS:  
Dr. Barb Brady  
and other partners

Identify. Understand. Respond.

This is a must-do training for volunteers and staff who work with youth (Ages 12 - 23). Since the pandemic the number of youth considered at-risk has more than doubled. This training helps adults working with youth to distinguish between typical adolescent behavior and at-risk behaviors and teaches best practices for supporting these youth.

Youth Mental Health First Aid (YMHFA) is an interactive, skills-based training course that teaches participants about common adolescent mental health issues and teaches a five-step process on how to identify, understand and respond to these youth issues. Participants are able to practice using the skills to build confidence in supporting youth. Those who successfully complete the course earn a Mental Health First Aider Certificate. Nursing CEUs and Graduate credit can be offered as an option.

### TRAUMA INFORMED CARE

2 to 6 hour workshops are offered. Up to 6 CEUs or STARS Credit

TRAINERS:  
Dr. Barb Brady  
Tiffany Pittman  
& other expert trainers

When home, family and organizational environments are not trauma-informed, they can unintentionally cause secondary trauma, increasing the effects and negative outcomes of individuals who have had traumatic experiences. This training is designed for caregivers, daycare and afterschool providers, school staff, first responders, social service providers, and other professionals who work with youth and families to foster a greater understanding of trauma informed care and child traumatic stress. This training can be customized for the setting and audience where provided.

Objectives for this workshop include:

- To understand what trauma is and its impact on children and adults
- To understand what trauma is and its impact on children and adults
- Learn about trauma, secondary trauma, and healing from trauma
- To become familiar with various types of trauma, including the 10 types of Adverse Childhood Experiences (ACEs)
- Understand how trauma impacts the brain, child development, and life functioning
- To understand the six key principals of a trauma informed care approach
- To walk through the 10 domains of implementing a trauma informed approach and self-reflect on current practices and policies
- To set some personal and agency, or schoolwide goals to move your organization to fully implement a system of trauma informed care approach

## Additional Trainings

### School Counselor Role in Delivering, Documenting, and Communicating the Comprehensive School Counseling Program

2 - 3 Hours

TRAINER:  
Dr. Barb Brady

The school counseling profession is ever evolving; as student needs and school systems change, so must school counseling programs. The American School Counselor Association and the WV Department of Education (WVDE) are continually tweaking policies and models to give school counselors and school administrators guidance for school counselors to deliver programs that support every student achieve success. Some school counselors are still saddled with inappropriate duties and struggle to lead a comprehensive school counseling programs (CSCP) that addresses changing student needs. Often this is due to others not understanding the role of school counselors and what modern CSCP should look like. This workshop will provide an overview of the current ASCA and WVDE models, program components, and tools for documenting and communicating the CSCP to students, families, school staff, and administrators.

#### Objectives:

1. Provide brief overview of ASCA and WVDE School Counseling Models
2. Review CSCP Delivery Systems
3. Discuss Indirect and Direct Services
4. Discuss appropriate and inappropriate duties and program activities
5. Discuss tools to plan and assess school counseling program
6. Discuss ways to document and communicate your school counseling program
7. Discuss counselor/principal agreement



### Additional Training Available Upon Request

Keep in mind that this is not a comprehensive list. IDN, with its multiple experts, can develop or customize training for your organization. We regularly collaborate with diverse experts and are continually updating our training options.

Some topics that we are currently developing or revamping that will be added to the menu soon, include:

- Anger Management: Calming Volcanic Emotions
- Coping Skills to Overcome Toxic Stress
- Self-Care for Caring Adults
- Peaceful Conflict Resolution
- Supporting Middle and High School Building to Develop Personalized Education Plans
- Supporting LGBTQ+ Youth

#### Contact:

drbarbbrady@inspiringdreamsnetwork.org • 304-633-6833