Inspiring Dreams NETWORK

TRAINING & WORKSHOPS OFFERED

Adverse Childhood Experiences, Relationships and Trauma Informed Practices

ACES 101:
Understanding Childhood Trauma and Its Impact

1. 5 Hours

TRAINERS:
Dr. Barb Brady
John Barton
& Corey Beahm

This training introduces the concept of Adverse Childhood Experiences through awareness and education, revealing how these traumatic experiences impact brain development, behavior, relationships, learning, and overall wellbeing. It introduces participants to the key concepts and resources that can be used for more information and support of individuals impacted by ACEs.

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

The purpose of this training is to learn how to help yourself and others overcome ACEs. This training The focus of this training it to help participants identify how to build protective factors; resilience; and Safe, Stable and Nurturing Relationships and Environments as ways to help those impacted by ACEs overcome the traumatic effects of ACEs.

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

This training provides various key strategies to preventing ACEs. It provides a brief review of the concepts in ACEs 101. Participants will explore what is already been done in some communities around the state and brainstorm what they can do in their own communities to prevent ACEs.

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, shcools 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

CONNECTIONS MATTER

2,4, 6 Hours

TRAINERS:
Dr. Barb Brady
Kelly Tanner Duffield
Jessica Dianellos

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.

Objectives: Participant will:

- Build a common language around Adverse Childhood Experiences, trauma, and resilience.
- 2.Understand the Impact of ACEs and trauma on individuals and communities.
- 3.Understand resilience and relationships and the positive impacts on our community (workplace, school, neighborhood, etc.)
- 4.Build hope that ACEs and trauma do not have to be determinants of success later in life

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

Building Relationships and Resilience

This training requires 90 minutes to two hours. The training can be broken down into two parts.

TRAINER:
Dr. Barb Brady

Every child is one caring adult away from a success story. Every child is one caring adult away from a success story. Developmental relationships are the foundation that helps young people discover who they are, build essential life skills, and become their best selves. When children have healthy, supportive relationships with caring adults, they are more likely to succeed in youth and thrive into productive adulthood.

Developmental relationships are strong, intentional connections through which young people gain confidence, cultivate their strengths, and learn how to navigate and contribute to the world around them. These relationships benefit youth of all ages, races, and socioeconomic backgrounds—helping them move beyond simply surviving to truly thriving.

This training focuses on the key elements of healthy developmental relationships and equips supportive adults with practical strategies to build resilience and protective factors that empower young people to overcome challenges and reach their full potential.

OBJECTIVES:

PART I (45 - 60 Minutes) Participants will…

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

PART II (45 - 60 Minutes) OBJECTIVES:

Participants will…

1. Review and discuss the 7 keys to building resilience.
2. Identify 7 positive experiences that help youth thrive and achieve positive outcomes.
3. Review protective factors and discuss the mentor's role with connecting youth

* All objectives can be addressed in a 90 minute – 2-hour training session.

Mental Health First Aid

YOUTH MENTAL HEALTH FIRST AID

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

TRAINERS:
Dr. Barb Brady
and other partners

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 CE Us and Graduate credit can be offered as an option.on.

- Describe the PURPOSE of Youth Mental Health First Aid and the ROLE of the Youth Mental Health First Aider.
- Recognize the SIGNS and SYMPTOMS of mental health challenges that may impact youth.
- Explain the role of RESILIENCE and the impact of traumatic experiences on adolescent development.
- Apply the appropriate steps of the MHFA Action Plan (ALGEE) in CRISIS and NON-CRISIS scenarios.
- Practice appropriate methods for SELF-CARE following the application of Youth Mental Health First Aid in a crisis or non-crisis situation.

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.

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.

- Review the WHO and CDC definitions of mental health
- Understand the components of good mental health
- Access personal strengths and weaknesses in relation to mental health and set goals to improve mental health in areas of weaknesses.•
- Identify coping skills and self-care strategies to support improved mental health

Suicide Prevention

Suicide Prevention Help, Hope & Heal:

3 Hours

TRAINER:
Barri Faucett,
Prevent Suicide WV,

Michelle Tobin,
Brother Up

Individuals in suicide crisis are rarely ever in a room without a resource; when that resource is you, do you know what to do? Increasing our knowledge about suicide overall and knowing how to facilitate a safe, honest and meaningful conversation about suicide specifically is an essential component of successful prevention efforts.

We know suicide is preventable, but only when we know what to do. Understanding the contributors, risk and protective factors, as well as the warning signs and coping strategies before, during, and after a mental health crisis is critical. As great as understanding and acknowledging this threat to life exists, is the ability for anyone and everyone to understand why and how to help an individual create a plan to stay safe from suicide.

While multiple factors influence suicidal behaviors, knowing what suicide may look or sound like, and taking the steps to plan for safety, can be the difference between death and life for someone. There is a safe and unsafe way to have a conversation about suicide - before, during and after the threat to life exists. Responsible language matters as well as the ability to move beyond the conversation into the next step and help someone keep safe from this preventable death. Safety planning is an intervention supported in research. When we think differently, we do different; and when we know better, we do better.

This Keepers of Life © e-learning session is provided by Brother Up Foundation (Michelle Toman) and Prevent Suicide WV (Barri Faucett) for Inspiring Dreams Network in our combined and continued efforts to make the world safer from suicide.

Objectives:

1. Learn the principals and importance of appropriate language and how to engage in a safe and helpful conversation about suicide.
2. Gain a greater understanding of the contributors, risks and protective factors of suicide.
3. Receive protocol and learn the core components of individualized safety planning and the importance of lethal means conversations in mitigating suicide fatalities.

TRAINING WILL INCLUDE:

1. Pre/Post Test
2. Pre-Course Documents
3. Shareable Documents
4. Certificate of Completion

We respectfully request all participants be on-camera for the duration of the training for safety reasons. Participants must complete Post-Test to receive a certificate of completion.

STARS and LPC CEUs offered by IDN *Addiction CEUs offered by MUSHTAC*

SAY SUICIDE: A Life or Death Conversation with Comfort and Safety Planning

3 Hours

TRAINERS:
Michelle Toman& Barri Faucett – Keepers of Life®

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TRAINING OBJECTIVES: Participant will…

- Learn the principles and importance of appropriate language and how to engage in a safe and helpful conversation about suicide.
- Gain a greater understanding of the contributors, risks and protective factors of suicide.
- Receive protocol and learn the core components of individualized safety planning and the importance of lethal means conversations in mitigating suicide fatalities.

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.

Intersection of Suicidality & LGBTQ+ Youth Support

2 Hours

TRAINER:
Paula Kerner, Fairness WV

During this session, the presenter will share current data on LGBTQ+ youth and mental health to help participants understand youth challenges and needs and how this relates to the amount of acceptance and support received.

Examining identity bullying and how intersecting identity traits may compound challenges is a key component of this session. Participants will also work through scenarios on how to deal with specific needs and disclosures. Participants will also develop personalized plans to meet their organization's needs. This is particularly beneficial to those working in a school setting or community after-school programs.

Objectives:

1. Understand trauma & suicidal ideation-emphasis on challenges for LGBTQ+ youth
2. Analyze and discuss identity-bullying & how making connections to students can mitigate harm
3. Examine how trauma can affect brain development even into adulthood·
4. Evaluate your program/school for strengths and weaknesses
5. Discuss how AI may be affecting mental health of youth
6. Examine the success of LGBTQ+ youth in supportive environments
7. Understand McKinney-Vento laws and programs to support LGBTQ+ youth

Preventing Child Abuse

Mandated Reporting Training

2 Hours

CERTIFIED TRAINER:
Sara Robinson

Unfortunately, those of us who work with children run into situations where we observe or hear from children about varying forms of neglect and abuse. As a child-serving adult, we are mandated reporters and must determine if what a child is sharing merits a report to DHHR or requires support and intervention with the family.

Prevent Child Abuse West Virginia has updated their "Making a Difference: Mandate to Report, Responsibility to Prevent Child Abuse & Neglect" Curriculum. The updated curriculum incorporates additional information regarding distinguishing between poverty and neglect, addressing bias for mandated reporters, and ways to offer support to families in addition to how to make a report to the CPS hotline.

The "Making a Difference" curriculum helps mandated reporters and those who work with children and families:.

Objectives:

1. Understand when you are legally required to call CPS, including when it is more appropriate to refer for community-based services
2. Reduce bias in the decision-making process
3. Foster a greater understanding of the impact of trauma, Adverse Childhood Experiences (ACEs), and Positive Childhood Experiences (PCEs)
4. Foster a greater understanding of protective factors and supports you can refer families to in lieu of making a report to CPS.

This training is open to anyone who is a mandated reporter.

Lean On Me
1.5 Hours

TRAINER:
Paula Kerner

Parenting is hard and imperfect. Everyone needs help sometimes. LEAN on Me WV is an initiative to promote child well-being by supporting families with listening, empathy, affirmation, and nonjudgment.

The goal of LEAN on Me is to promote community responsibility to support families, rather than solely report families to CPS. All of us can use the LEAN on Me approach to support families and prevent child abuse and neglect. Techniques practiced in this training will better equip providers including school personnel in making the decision of what resources are needed and if mandatory reporting is utilized.

Objectives: Participants will be able to

1. Discern between needs vs. neglect
2. Use listening, empathy, affirmations, and nonjudgment to understand and support family needs
3. Identify and help families build protective factors
4. Understand Child Protective Services processes, capabilities, and difficulties
5. Discuss bias in decision making and access to community resources.

CYBER SAFETY: On-line Sexual Abuse, Harassment, and Keeping Youth Safe

3 Hours Sessions

TRAINER:
Dr. Barb Brady

The rapid expansion of digital technology has transformed how children interact, learn, and play, introducing risks that demand attention from educators, parents, and caregivers. Online predators exploit internet anonymity, using sophisticated tactics to groom and harm children, often before adults notice. No one expects their child to face inappropriate content or exploitation, yet unsafe websites, chat platforms, gaming, and social media apps can enable harm. Proactive risk recognition is essential.

This interactive training equips participants with an understanding of online threats to children and practical strategies to protect them. Participants will learn predator tactics, grooming signs, sites to avoid, and monitoring tools. This training is for those committed to fostering a safer online presence for children and responding to risks.

Participants will gain insights into the digital landscape and high-risk platforms. The training covers intervention strategies to safeguard children. By the end, participants will be prepared to create a secure online environment, prevent exploitation,

Participants will learn:

- How predators stalk, exploit, and pose harm to children online,
- How to monitor and set safeguards best practices to keep kids off unsafe sites,
- How children are groomed to trust and become vulnerable to strangers,
- About various sites that are unsafe for children
- About examining and improving policies, practices, and interventions to improve online safety, and
- Best practices and tools to share with parents to improve efforts to keep kids safe online.

Anger Management

Anger Management: Calming Volcanic Emotions

1 - 2 Hours

TRAINER:
Dr. Barb Brady

Post-pandemic, more students than ever are struggling with emotional regulation. Calming Volcanic Emotions focuses on strategies, tools, and resources adults can use to help youth emotionally regulate and manage big emotions.

Participants will learn about strategies for helping deescalate volcanic emotions when they erupt, as well as learn about some emotional regulation and coping skills students can use to help them avoid buildup of big explosive emotions. Additionally, this session will review strategies for assessing and controlling's one own emotional escalation when working with emotionally charged youth.

Objectives:

- Understanding root causes of anger
- Differentiating between Concerning and Unsafe behaviors and how to address
- Understanding the brain's response to anger and the emotional response cycle
- Understanding the six steps of de-escalation for the adult helper
- Understanding the five step de-escalation process to teach youth
- Practicing strategies to access and calm one's own volcanic emotions

Peaceful Conflict Resolution: Empowering Adults To Make A Win-Win
2 Hours

TRAINERS:
Tiffany Pittman
Dr. Barb Brady
John Barton

Conflict is a natural part of working with youth, caregivers, and colleagues. When handled intentionally, it becomes an opportunity for growth, deeper understanding, and stronger relationships. Mishandled, it can erode trust and weaken supportive environments.

This training teaches a peaceful, collaborative approach to conflict resolution focused on mutual respect, clear communication, and effective problem-solving. Participants will explore common conflict triggers in youth-serving settings, learn practical strategies, understand underlying needs, set healthy boundaries, and build relational resilience. You'll leave with immediately usable tools to strengthen relationships and support positive outcomes for youth and families.

Participants will be able to:

- Define conflict and identify common causes of conflict with youth, caregivers, and co-workers
- Recognize how conflict styles impact relationships, trust, and long-term outcomes
- Apply principles and best practice strategies of peaceful, collaborative conflict resolution
- Strengthen communication skills essential for de-escalation, problem-solving, and positive outcomes
- Establish and maintain healthy boundaries to reduce the frequency and intensity of conflict
- Implement practical techniques to create supportive environments that promote understanding, cooperation, and sustainable peace

Success Coaching and Mentoring

SUCCESS COACHING & MENTORING: BEST PRACTICES TO INSPIRE & ENGAGE STUDENTS

1 - 2 Days

Regardless of the structure and staffing of your program, Success Coaching and Mentoring has shown to be an effective approach of increasing the positive relationships students have in their lives and improving student outcomes.

Success Coaching and Mentoring has extraordinary potential to boost factors that can lead to educational success, such as connectedness to the school environment and peers, improved relationships with teachers and staff, improved feelings of academic competence, and greater access and use of other supports, such as tutoring, credit tracking, counseling, and postsecondary planning.

Success Coaching and mentoring creates personal agency within students where they are motivated and prepared for the road they must navigate to achieve success instead of expecting others to change the road or to expect less from them. This training covers the fundamentals of Success Coaching and Mentoring and digs into some strategies and practices that teachers and staff can use to inspire and support student success.

OBJECTIVES:

- What supporting students with a Success Coaching Mindset is about and how it improves student outcomes
- Similarities and differences between coaching and mentoring
- Strategies for building strong relationships and how to integrate into everyday learning and other activities
- Strategies for improving student engagement through social emotional engagement
- How to help youth build protective factors
- How to support youth in developing resiliency, perseverance, and grit
- Explore the 40 Developmental Assets and plan ways to support youth in the attainment of these assets
- How to guide students in developing actionable plans to achieve their dreams

POSITIVE SUPPORTS TO INSPIRE LEARNERS

1 -2 days

Trainers: Dr. Barb Brady and Corey Beahm

This training provides best-practice strategies and tools that youth-serving adults can integrate into everyday interactions with youth, including how to incorporate Search Institute's 40 Development Assets, the Developmental Relationships Framework, motivational strategies, and strategies to improve student behavior and engagement. This training compliments our Success Coaching and Mentoring training,

Objectives:

- Review Search Institute's Developmental Relationships Framework: Elements of Healthy Adult / Youth Relationships
- Review the 40 developmental assets for various age groups and discuss what you are already doing and what you can implement in your work setting to build strong, resilient youth.
- Discuss and demonstrate "Engagement Strategies to Energize and Motivate Your Students"
- Discuss Best Practices in Behavioral Engagement: Establishing Rules, Routines, and Roles
- Share best practice in Inspiring Emotional Engagement: Facilitating Joy, Connection, and Memories
- Discuss best practice strategies for Inspiring intrinsic and extrinsic motivation and ways to motivate and engage students
- Discuss best practices for Inspiring Intellectual Engagement: Promoting Choice, Challenge, and Curiosity
- Discuss best practices to integrate into everyday teaching to inspire learners, including how to keep instruction fresh and meaningful
- Povide a brief overall of six steps to deescalate anger and help young people emotionally regulate.

Neurodiversity Training

UNDERSTANDING NEURODIVERSITY: Best Practices for Supporting Youth

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.

A BRIEF INTRODUCTION TO NEURODIVERSITY

1 Hour

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 OF 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.

Objectives: Participants will...

- Be able to identify common myths about autism
- Review effective teaching strategies to support children with autism
- Be able to discuss specific caregiver / provider concerns related to autism and seek input from the presenter.

Cultural Competency and Marginalized Populations

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

Supporting LGBTQ Youth: Implementing a Support Plan for Student Safety and Well-Being

1 - 1.5 Hours

TRAINER:
Paula Kerner

Success for our LGBTQ youth and especially transgender youth requires competent and compassionate care offered by all adults in a child's life. Well-being encompasses physical, mental, emotional, and intellectual health.

This training shares guidance that is designed to assist administrators, student support staff, teachers, and families in best practices when specifically assisting transgender and non-binary students and their families with their needs in school.

Topic areas include using affirmed names and pronouns, restroom and locker room usage, overnight excursion best practices, inclusive dress codes, allyship, etc.

You Are Invited! Connecting as a Community to help Youth Navigate Difficult Situations

(3) 1.5 Hours Sessions

TRAINER:
Paula Kerner

"Families and Friends as Allies." Fairness WV wants to offer a safe space to bring together youth organizations and families to discuss how families, youth workers and friends can unite to support youth identifying with the LGBQT+ community. Increasingly, parents, grandparents, and friends are realizing they want to do better to support their LGBTQ family members and friends. Strong connections to others help youth navigate difficult situations and increase the likelihood that they will be successful socially, emotionally, and academically. Reach out if you want to host or join us for this three-session series including food, fun and community building.

Objectives:

1. Creating understanding and safe spaces at home.
2. Navigating policies and procedures that protect youth at school.
3. Building strong supportive relationships.

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 than 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

Comprehensive Health Framework for People Who Use Drugs

1 - 3 Hours

TRAINERS:
Amy Snodgrass
& various Master Trainers

Learn how stigma impacts health and discuss harm reduction practices for infectious disease prevention. Consider all other topics discussed and how to establish working services for people who use drugs.

Empowering Youth for Future Success

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.

Supporting Youth in Building Financial Literacy Skills

1 Hour

TRAINER:
Rashad Sanders

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 toengage 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 literary tools are shared.

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.

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

Enhancing Student Support Systems

School Counselor Role in Planning, 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,

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

For Good, Not For Granted: Supporting Positive Behavior in Everyday Life

TRAINER:
Nicholas Larson

COMING SOON!

Succession Planning Workshop for Youth Focused Nonprofits

2 - 3 Hours

TRAINER:
Dr. Barb Brady

Since many youths served by nonprofit organizations have experienced disruption and hardships, they need consistency in programs and support. It is critical that these organizations have a clear succession plan to ensure continuity in services.

This practical, action-oriented workshop helps nonprofit boards and leadership teams prepare for both planned and unexpected leadership transitions. Participants will learn how to reduce organizational risk, protect institutional knowledge, and build a sustainable leadership pipeline. This workshop provides guidance, tools, and templates to develop a clear, board-approved succession planning framework aligned with the organization's mission and strategic priorities.

Primary Objectives: Participants will

1. Explore key best practices for succession planning.
2. Clarify governance responsibility in both emergency and long-term transition planning.
3. Review the organization's strengths and weaknesses, including leadership gaps, funding, community support, and other vulnerabilities.
4. Develop a succession framework by setting goals and a structured outline for emergency and strategic succession plans.
5. Development plan for talent development, knowledge transfer, and ongoing plan review to ensure mission sustainability.
6. Discuss what resources need to be shared by key roles in order transition the program into new leadership.

Youth-Focused Policy Development: Building Youth and Family-Centered Frameworks

2 - 3 Hours

TRAINER:
Dr. Barb Brady

This session equips youth-serving community organizational leaders with a practical framework for reviewing and strengthening policies, using a "do no harm" approach, to ensure youth and families are not alienated; but instead feel informed, valued, safe, and empowered.

During this workshop, participants will examine how existing policies may unintentionally alienate youth or families and explore strategies to align organizational practices with Positive Youth Development (PYD), Trauma Informed Care (TIC), meaningful family engagement, and equitable stakeholder access.

Through guided best-practice reflection and applied tools, leaders will examine current policy and practice making policy revisions. Emphasis will be placed on leading effective policy change including establishing clear processes and protocols that promote transparency, shared decision-making, and accessible communication. Leaders will identify gaps, discuss unintended barriers, and develop a plan to build policies that align with TIC and PYD principles, and foster belonging, equity, safety, and youth voice, and family engagement.

Objectives:

Participants will:

1. Identify key elements of youth- and family-centered policy design aligned with Positive Youth Development and Trauma Informed Care (TIC)
2. Assess current policies for inclusivity, accessibility, transparency, developmental appropriateness and alignment with PYD and TIC frameworks.
3. Apply frameworks to policy analysis, revisions, and alignment with PYD and TIC frameworks, and implementation.
4. Identify policy gaps that contribute to trouble spots that can be reduced by sound policy development using youth voice, family partnerships, or stakeholder access.
5. Develop actionable steps to strengthen policies and protocols that promote shared governance, clear communication, and organizational accountability.

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 in current development or revision

- Coping Skills to Overcome Toxic Stress
- Self-Care for Caring Adults
- PBIS
- Supporting Middle and High School Building to Develop Personalized Education Plans

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