The information in this calendar is
CURRENT AS OF
12-01-2021

Classes are added throughout the year. As the calendar is updated, it will be posted to our website
https://www.mcadamhs.org/trainings_and_events/training_calendar.php

REGISTRATION INFORMATION

When viewing this calendar in an electronic format, click on the date of the class you want to take and you will be redirected to the registration website.

Some classes have limited space, so register early.

**In person classes:** Participants MUST pre-register before attending. **If you have not pre-registered, you will not be allowed to attend.** COVID safety measures will be in place in accordance with State and Local guidance. At this time, all visitors to ADAMHS are required to wear a face mask and will be asked to complete a health questionnaire upon arrival.

Classes start and end on time. To ensure a quality experience for all participants, please arrive at least 15 minutes prior to the class start time to sign in and find a seat.

**Virtual classes:** Participants MUST pre-register to receive the link to join. Classes start and end on time; those joining late may not be able to attend. Please log in 5-10 minutes prior to the class to ensure your technology and connection are working. We use two platforms: Zoom and GoToTraining.

If CEUs are available it is noted along with the description and any cost.

In order to ethically provide CEUs during virtual classes, we use platforms that generate attendance time reports. We are ethically bound to report the accumulated amount of time a participant attended, therefore we cannot issue CEUs to:
- Individuals sharing a monitor, computer, and/or login
- Individuals joining by audio phone only
- Individuals missing more than 10 minutes of a training that is 60 minutes in length

CEUs will be adjusted to the nearest quarter hour to reflect the amount of time present for sessions over 60 minutes.

Dates, times and locations are subject to change. Those registered will be notified by email of any change at least 24 hours before the session.
WEBINAR

Alcohol & Social Justice: Peeling Back the “Wallpaper”

Presented by Dr. David Jernigan

Alcohol is among the most widely promoted products in our society. Positive messages from it literally wallpaper our lives – our streets, our media and our on-line worlds. The marketing seeks to normalize alcohol in daily life, at the same time that anyone who has a problem with drinking is heavily stigmatized. The highly profitable alcohol industry consistently puts an individual frame around alcohol use, absolving itself of any responsibility for alcohol problems.

This presentation brings back into the conversation the roles that alcohol the product and alcohol as an industry have played historically and currently in supporting oppression, feeding into racism and sexism, and undermining social justice efforts. This includes:

- examining the history of alcohol as a colonizing force,
- the ways that alcohol marketing perpetuates oppressive stereotypes, and
- how alcohol availability has been structured across the nation by racist policies.

The presentation offers yet another perspective on how alcohol is not an ordinary commodity, and invites a reconsideration of what role it and the industry that promotes it would best play in our communities and country.

David Jernigan, PhD, is a professor in the Department of Health Law, Policy and Management and Assistant Dean for Practice at the Boston University School of Public Health. He is also the senior policy advisor to CityHealth, an initiative of the de Beaumont Foundation and Kaiser Permanente. He has written more than 140 peer-reviewed journal articles, was the principal author of WHO’s first Global Status Report on Alcohol and Global Status Report on Alcohol and Youth, and co-author of Alcohol in the Developing World: A Public Health Perspective, Media Advocacy and Public Health: Power for Prevention, and Cannabis: Moving Forward, Protecting Health.

CEUs are not available. This session will not be recorded.

Cost: FREE

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<td>Wednesday, February 16, 2022</td>
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Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. Learn the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

WHAT IT COVERS • Common signs and symptoms of mental illness. • Common signs and symptoms of substance use. • How to interact with a person in crisis. • How to connect the person with help.

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<tr>
<th>ADULT</th>
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<tr>
<td>For those who primarily interact with adults.</td>
<td>For those who primarily interact with children and adolescents (ages 6-18).</td>
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<tr>
<td><strong>Wednesday, February 23, 2022</strong>&lt;br&gt;9:00 a.m. – 4:00 p.m.  Virtual</td>
<td><strong>Tuesday, January 25, 2022</strong>&lt;br&gt;9:00 a.m.—3:00 p.m.  Virtual</td>
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<td><strong>Thursday, March 24, 2022</strong>&lt;br&gt;9:00 a.m.—3:00 p.m.  Virtual</td>
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Please choose just one class to take. National Council views these classes as the same for purposes of certification, so registering for both may cause issues in the Learning Management System that could prevent you from completing either course. Instead, choose the course that most closely aligns with the age group you interact with the most. If you interact with both age groups, then we then suggest you take the other class a year after the first as a “refresher”.

COURSE REQUIREMENTS:

- Completion of a 2 hour online self-paced module prior to the class date. After registration has closed, you will receive instructions for how to access this pre-work.

- Virtual classes require you to use a device with a webcam and microphone and both must work and be turned on. This is a certification course, so webcams must be on during the entire training.

**Montgomery County, Ohio residents (or those working in the county) and those in the surrounding area will be given preference. If you are from outside this area you can find classes near you here: [https://www.mentalhealthfirstaid.org/](https://www.mentalhealthfirstaid.org/)

CERTIFICATIONS & CONTINUING EDUCATION: Participants that complete the full course will secure a three-year certification. CEUs are not currently available for the virtual or blended course.

Cost: FREE
Trauma 101
A basic understanding of the impact of psychological trauma helps in a broad array of interventions and treatment. This training provides a foundational overview and awareness of trauma, resilience, and trauma-informed care for anyone in the community who interacts with individuals and families who may have experienced trauma, including case managers, human services professionals, educators/school administrators, the faith community, employers, government agencies, and others.

Cost: FREE
CEUs: Ohio Counselor, Social Work

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### Trauma 101: The Basics of a Trauma Informed Approach in a School/Youth Setting

Building on the foundational overview and awareness of trauma covered in Trauma 101, this training focuses on the effects on young people, and how those working with youth can design an environment that is trauma-informed. Not only will you increase your awareness of trauma and its prevalence, you will be able to identify practical ways to create a Trauma-Informed youth program including:

- Recognizing the 4 causes of behavior
- Skills that increase & decrease in a crisis
- Creating a culture of positive, encouraging relationships
- Teaching Distress Tolerance Skills

Cost: FREE
CEUs: Ohio Counselor, Social Worker, Chemical Dependency Counselor, and Prevention

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### LGBTQ+ Application in Trauma Informed Practice

This training will provide practical skills to service providers (licensed or non-licensed) working with LGBTQ+ youth in the homeless service system, schools (K-12 and higher ed.), counseling agencies, children’s services, case management, hospitals, vocational programs, and behavioral health. Topics covered include Cultural Humility & Intersectionality, Public Perception vs. Empirical Research, Contemporary Terminology, Systemic Trauma, and Trauma-informed Applications/Interventions.

Cost: FREE
CEUs: Ohio Social Worker, Counselor, Chemical Dependency, Prevention

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Cultural Humility

Cultural Humility is the ability to maintain an interpersonal stance that is other-oriented (or open to the other) in relation to aspects of cultural identity that are most important to the person. This training will take you on a journey of understanding how to apply cultural competency to a different level and recognizing it as a lifelong commitment in learning about other cultures.

After this session you will be able to:
• Identify at least one aspect of cultural humility you can incorporate immediately into your work & life.
• Identify an area of self that may impact how individuals engage with others from different cultures

Cost: FREE
CEUs: Ohio Counselor, Social Work, Chemical Dependency Counselor, & Prevention

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Diversity & Inclusion Series

In this 4-part series, learn about Implicit Bias, Inclusive Leadership, Privilege, and Social Change.

Implicit Bias: Understanding Multicultural Diversity
Where does implicit bias come from? Why do I have these biases? How do I expand my understanding of cultures other than my own? This training will answer these questions and more about the paths we have taken and the personal experiences that have shaped our biases.

Inclusive Leadership
Whether you are in a formal leadership role or not, you can learn inclusive leadership tools to implement where you are. This lively and interactive workshop will provide concrete tips for creating an inclusive space, having challenging conversations and being an inclusive leader.

Understanding Privilege and the Responsibility of Being an Ally
What privilege do you carry in your backpack? This workshop will help participants understand how privilege may have unknowingly played a role in their life and how to use this privilege to step up and be an ally.

Social Change: More Than Just a Post
This interactive workshop will help prepare you to address the current social movement, what role you can play to help bring about change as we move towards racial equity.

Cost: FREE
CEUs: Ohio Counselor, Social Work, Chemical Dependency Counselor, & Prevention

Click on the date(s) you want to attend to register online.

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<th>Topic</th>
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<td>Implicit Bias</td>
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<td>12:00—2:00 p.m.</td>
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<td>Inclusive Leadership</td>
<td>Thursday, February 10, 2022</td>
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<td>Understanding Privilege</td>
<td>Thursday, February 17, 2022</td>
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<td>Social Change</td>
<td>Thursday, February 24, 2022</td>
<td>12:00—2:00 p.m.</td>
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Child Abuse: Identifying, Responding, and Preventing
Presented by staff from Care House Child Advocacy Center

During this training attendees will learn about the four major categories of maltreatment: physical abuse, sexual abuse, psychological maltreatment, and neglect. Each of these areas will be covered in detail including warning signs, red flags, behavioral indicators, and risk factors. Participants will also learn about their role as a mandated reporter and how to make reports appropriately to fulfill this mandate. Finally, this session will discuss prevention methods and ways community members can help to prevent child abuse/neglect.

This training is valuable to any adult including parents, caregivers, advocates, mentors, staff and volunteers of child and family serving organizations (including churches, child care, schools, sports clubs and leagues).

Cost: FREE
CEUs: Ohio Counselor, Social Worker, Chemical Dependency Counselor, and Prevention

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Stewards of Children

Stewards of Children® is an evidence-informed training that teaches adults to prevent, recognize, and react responsibly to child sexual abuse. Through interviews with child sexual abuse survivors, experts, and treatment providers, Stewards of Children® teaches adults practical actions they can take to reduce instances of child sexual abuse in their organizations, families, and communities.

Stewards of Children® is the only evidence-informed, adult-focused child sexual abuse prevention training in the United States proven to increase knowledge and change behavior. Numerous studies have shown that Darkness to Light’s prevention education works and evidence-informed training can change child protective behaviors.

Cost: FREE
CEUs: Ohio Counselor, Social Worker, Chemical Dependency Counselor, and Prevention

**Please note - this session will be held in person** COVID safety measures will be in place in accordance with State and Local guidance. Class size is limited to 20 people to accommodate distancing. At this time, all visitors to ADAMHS are required to wear a face mask and will be asked to complete a health questionnaire prior to the training.

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QPR Gatekeeper (Suicide Prevention)

QPR is a nationally recognized and evidence-based suicide prevention model where organizations, businesses and everyday individuals can learn the needed skills to recognize and intervene when someone is showing signs of a suicidal crisis.

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR can help save a life, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

After this session you will be able to:
- Recognize and identify at least three suicide warning signs
- Demonstrate the three step QPR process; ask about potential suicidal intent, listen and persuade someone to get help, and make a referral for professional assistance

Cost: FREE
CEUs: Ohio Social Worker, Counselor, Chemical Dependency Counselor, and Prevention (hours will be adjusted to reflect the 1.5 hour schedule)

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PAX Tools  Simple Strategies for Teaching Kids Behavior

PAX Tools is a collection of evidence-based, trauma-informed strategies to improve cooperation and self-regulation with youth. PAX Tools draws on decades of science to create strategies that support parents, youth workers, and other caring adults to create a nurturing environment that ultimately helps kids thrive!

Children can benefit from explicit teaching of behavioral skills, just like with tying shoes and math problems. Behavior is adopted when it is useful and reinforced. PAX Tools will give participants 9 tools they can use right away to help teach young people positive behaviors and reinforce the repetition of those behaviors.

Who should attend a PAX Tools training? PAX Tools is intended for any caring adult who interacts with children, such as parents, caregivers, professionals and volunteers.

Cost: Free  
CEUs: Oho Counselor, Social Worker, Chemical Dependency, Prevention

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The Power of Words; how our language can help or hurt those with mental health or substance use disorders

Stigma associated with mental health and substance use disorders often prevents those who need help from seeking it out or sharing their story. Learn how our everyday language can support and empower others to be Stigma Free. We will share practical ways we can both demonstrate this and educate others.

Cost: FREE  
CEUs: Oho Counselor, Social Worker, Chemical Dependency, Prevention

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Want to receive notices when new topics or dates are added?  

Subscribe to our mailing list!
You Can’t Pour from an Empty Cup: Taking Care of Yourself While Caring for Others

Self-care is about taking care of your mind and body, so you feel less stressed and more balanced. This training will help you identify the causes and symptoms of stress so you can reduce them, maintaining a healthful life balance and nurturing your physical and mental well-being. Treat yourself as compassionately as you do others by identifying your needs and taking the necessary steps to meet them. Those attending will be provided an opportunity to identify and evaluate their own self-care strategies, select specific activities from a variety of options, and create a personal self-care plan.

After this session you will be able to:
- List 3 causes and 3 symptoms of stress
- Identify 2 techniques to monitor stress and burnout
- Complete a Stress Coping Resources Inventory to help you create an individualized self-care plan.

Cost: Free
CEUs: Ohio Counselor, Social Work, Chemical Dependency Counselor, and Prevention

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Introduction to the Social Resilience Model

In today’s complex world, rates of burn out are high; trauma, moral distress and needless tragedy seem to demand we keep up an overwhelming pace. The Social Resilience Model provides individuals an understanding of the brain and teaches skills to help them feel in control through the highs and lows of life. It is a skills-based approach to improving individual and group well-being and resilience by teaching neuroscience-based skills to heighten attention and shift patterns of dysregulation.

Please join us to learn more about how you can incorporate these skills into your everyday life and spread resiliency throughout our community.

Cost: Free
CEUs: CEUs are not available for this session.

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Parking is available in the parking garage located at 405 Water Street (45402) which is accessible by turning at the traffic light located at the intersection of East Monument Ave. and Water Street. Parking is pro-rated up to 3 hours - for 3-hours or more, the daily rate is $8.00. ABM, which manages the garage, no longer offers validation.

Only if the garage is full may you park in the west parking lot (across Water Street from ADAMHS). Please do not park in the lot connected to the building unless you need handicapped accessibility. If the garage is full and you are parking in the West Lot, you must print your Eventbrite ticket and place it on your dashboard. Please park as close to the hotel as possible. Those parking in the lot without the Eventbrite ticket displayed or a tenant parking pass may be fined or towed at the owner's expense.

To access 409 Monument Avenue, cross Water Street; and head towards the four-story brick building in front of you. The entrance is to the left of the window that has signage for Bridge Credit Union.

Training locations:

201 — Montgomery County ADAMHS — Suite 201 (2nd floor), 409 E. Monument Ave, Dayton, OH 45402
Special instructions: see parking information below
**Please note for sessions held in person, COVID safety measures will be in place in accordance with State and Local guidance. Class sizes will be limited to accommodate distancing. At this time, all visitors to ADAMHS are required to wear a face mask and will be asked to complete a health questionnaire prior to the training.

Board Room—Montgomery County ADAMHS—Suite 102A, 409 E. Monument Ave, Dayton, OH 45402
Special instructions: see parking information below

Virtual—virtual sessions are held on either the Zoom or GoToTraining platforms. Instructions and links to join the training can be found in the Eventbrite confirmation email you will receive after registering under “Additional Information”.

DIRECTIONS AND PARKING