

Kayla's Village Training Synopses

If you have a topic of interest, please inquire. Many of these can be tailored for specific audiences.

Topic	Synopsis
Addressing Myths of HIV Infection	In the U.S., 1.2 million are living with HIV and annually, 50,000 are newly infected. HIV is almost entirely preventable yet needlessly devastates families and communities. Few professionals get specific training in counseling those with HIV or AIDS which assists with issues of abandonment, isolation, partner notification, safety, depression, remaining healthy, treatment plans, and other life altering issues. Learn to assess for HIV risk; articulate accurate information concerning HIV prevention, disease transmission, and HIV antibody testing; explain various differences between HIV infection and AIDS; describe a minimum of five practice skills that are necessary for social work practitioners to serve in a role in their community with regard to HIV/AIDS; and explain the present professional response to the epidemic with regard to worker knowledge, practice, comfort, and preparedness to address HIV/AIDS in practice.
Adolescent Challenging Behaviors -- Reframed and Redirected!	It is not uncommon for adolescents in the child welfare system to present with resistance and challenging behaviors. This reality can make it difficult for professionals to empathize, connect, and work with teens to reach desired safety, permanency, and well-being outcomes. This seminar will explore challenging behaviors of adolescents, with a focus on reframing behaviors using a developmentally appropriate, trauma-informed lens. Participants will learn how previous trauma, brain development, psychological and cultural factors all contribute to troubling behaviors among teens. Emphasis will be placed on understanding the underlying meaning and purpose behind behavioral concerns and developing strategies and techniques to more effectively address them.
Assisting Difficult Children	During this very interactive session, participants will discuss the strengths and challenges of assisting another's child. We will support each other and learn how to accentuate the positives. We will have hands-on activities to assist us as we internalize our learning. Often, when adults model positive behavior, children are able to minimize their challenges.
Avoiding Ethical Pitfalls and Professional Hazards	Social work ethics involves a system of moral principles, rules, and standards of conduct which are adopted by individuals or groups to govern conduct. Together, the three systems work to extend our values into sets of guidelines that tell us what we should and should not do. We will review NASW's ethical principles based on social work values and standards as we learn to avoid pitfalls that may interfere with our ability to help others professionally.
Birth Family Connections	Hands-on activities will help us discuss complex relationships. Birth family members are important to children whether they maintain a physical relationship or not. Often, we do not share openly with our children because we are uncomfortable. We can better handle our emotions so we might share information with our children and model appropriately to handle what might be somewhat uncomfortable for us.
Bullying Prevention	Bullying is a serious national challenge requiring a national response. Perhaps you remember being bullied or watching bullies rule the school halls. To ensure youth are not a target of bullying, learn to give your efforts greater impact by understanding the nature of bullying — and how you may respond.
Bridging the Generation Gap: Grandparents Raising Grandchildren	Many grandparents today are stepping in to raise their grandchildren when the children's parents are not able or willing to do so. If you are one of these grandparents or work with grandparents in this situation, learn to ease the transition, help to encourage shared activities, remember self-care, and identify resources.
Children and Trauma	We will examine the effects of primary and secondary trauma on young children and youth. Explore the developmental life span and how the effects of trauma manifest differently depending on developmental stages. Discuss what causes some children and youth to experience long term effects of trauma and what may further increase one's resiliency to trauma. Learn about related mental health disorders and the role of validation and forgiveness in the healing process.
Clinical Documentation	During this session, participants will look at the significance and purpose of quality clinical documentation. Participants will review quality progress notes, treatment planning, and writing SMART goals and objectives. We must all be clear as to the expectations in the event our documentation is audited or presented as evidence in the legal system.
Cognitive and Behavioral Manifestation of Challenging Issues Facing Older Adolescents	Young people frequently suffer from depression, anxiety, conduct disorder, and substance abuse. Collectively, they cost the U.S. about \$247 billion annually. There is a gap between what is known about preventing disorders and what is being done. Most of the mental, emotional, and behavioral disorders have roots in childhood and adolescence. An estimated 14-20% of youth have one of these disorders. With symptoms occurring 2-4 years before the onset of a full-blown disorder, there is an opportunity when preventive programs may have the greatest impact.
Correlation between Attachment and Placement Stability	This course will provide a basic overview of attachment and will also definitely challenge participants to identify their own attachment style. Participants will begin to assess the impact of their attachment style on their practice. This course will help participants to make the correlation between attachment and placement stability.
Cultural Competence	To be most effective, we must recognize the importance of cultural diversity work in providing effective services to all families. This can be done with heightened awareness of barriers to providing culturally competent services which leads to awareness of personal cultural lenses. Come brainstorm strategies to overcome barriers to providing effective services to family members of diverse populations, identify ways programs can become more culturally competent, and develop a plan with specific steps to become more culturally competent.
Depression: Hope through Understanding and Treatment	This presentation will describe the etiology and symptoms of depression. It will address various therapies such as cognitive, interpersonal, psychodynamic, and group therapies in addition to medical intervention. This training is designed to underscore the impact of depression upon the human spirit while emphasizing the potential healing power of certain strategies to reduce or eliminate this form of suffering. Participants will be empowered to help alleviate the devastating disease of depression.

Discipline versus Punishment	Come to learn and share! Discuss differences between discipline and punishment, whether spanking is a viable option, possible signs of physical abuse, managing anger, roadblocks to good discipline, and making an abuse or neglect report.
Domestic Violence: Effects on Clients	Domestic violence is MUCH more than physically hitting someone. Come learn the expansive definition as well as examples you may not have considered previously. The statistics are staggering yet domestic violence cannot be decreased unless we are all aware of the signs. Once we become increasingly self-aware, we can more easily help our clients as well as addressing health concerns, being more attuned to transference and countertransference, and in turn more skilled at providing treatment and advocacy. Tomorrow may be too late!
Engage, Redirect, and De-escalate	Anger is not merely an emotion, but a physiological response. When someone is angry, their body goes into a fight, flight, or freeze mode and it becomes difficult to engage and be redirected. The best response is to de-escalate. Come share successes and challenges and learn other techniques to incorporate.
Enhancing Support while Addressing Grief and Loss	When families and communities face grief and loss — and ALL of the children, youth, and families connected to child welfare have — we need to help them learn to live with their temporary and sometimes permanent loss. We must learn to increase the understanding of grief, loss, and compassionate intervention.
Ethical Violations in Clinical Practice	During this session, professionals will get a better understanding of the social work Code of Ethics in a practice setting. There will be discussions of ethical violations in clinical practice such as boundary violations, mandatory reporting, fraudulent billing, lack of license renewal, misrepresentation of credentials, impaired professionals, failure to release records, and others.
Ethically Maximizing the Benefits of Self-Disclosure	This session will be interactive – with some surprises! Whether we are faced with sharing information from our past or present personally or professionally, we are often unsure of how that information will be perceived. Come learn how you might use “less than positive” information to help build relationships and show your children and clients that we can use our challenges to move us forward rather than hamper our growth.
Ethics: Lights, Camera, ACTION!	Training will feature the movie “Split.” “Kevin” has evidenced 23 personalities to psychiatrist, Dr. Fletcher. One remaining submerged is set to materialize and dominate them all. Participants will identify ethical violations presented utilizing the Code of Ethics. Discussions will include professional conduct and boundary issues pertaining to the standards of practice and laws governing the social work practice. Ethical risks will be addressed and participants will gain useful tips and tools to translate learning into practice to ensure the highest level of ethical utilization.
Ethics of Supervision	We will explore different types of supervision (administrative, supportive, educational, and group) and the challenges associated with each type. Additionally, the various ethical dilemmas that a supervisor may encounter will be discussed in conjunction with the Carlton Munson training tool which highlights the supervisor’s knowledge in regards to the Social Work Code of Ethics. The tool will be introduced to participants as well as utilized in group vignettes.
Evolution of HIV	The course provides an overview of the HIV/AIDS epidemic. Topics covered include transmission, symptoms, diagnosis, and treatment. We will take a fresh look at prevention, beyond condom use. The course will offer information on common ethical and boundary dilemmas that clinicians face. Topics include informed consent, confidentiality, mandated reporting laws, HIPAA, and HIV-specific criminal exposure laws.
Furthering Skills to be a Sought-After Supervisor	Whether an approved supervisor or considering becoming a supervisor, COMAR 10.42.08.04A(2)(c) requires 3 hours of supervision training every licensing period. A good supervisor places a high priority on coaching, mentoring, and advocating for employees. You must work to establish suitable goals, action plans, and timelines. The supervisor delegates and provides ongoing guidance and support. You are sometimes confronted with walking a fine line between being a supervisor and the employee's confidant. Learn to further your skills and share tips of the trade!
Grief and Loss: Skills for Helping Youth	Grief and loss have many facets when observed in youth whether through unexpected death, incarceration, or foster care placement. For youth, these difficult moments can be voluminous. How and when do we talk about the sudden death or terminal diagnoses of their loved ones? Are there key psychosocial factors as related to grieving foster youth? Expound on the definitions of grief, loss, bereavement, and mourning. Explore the various developmental differences and responses to normal versus complicated grief.
Lessening the Stigma of HIV	The metropolitan area has been on the front lines of HIV prevention and care for over 20 years. Much progress has been made yet areas continue to be disproportionately impacted. Prince George’s County leads in new HIV cases. We will discuss the impact of stigma on HIV care and prevention, including mental health care, for those affected and effected. We will discuss HIV/AIDS and STIs, look at new treatments, and discuss ethical dilemmas mental health providers often encounter.
LGBTQ+	Law 21-95 requires this topic for professional licensure. We will identify common myths as some professionals continue to have professional biases about individuals who self-identify as lesbian, gay, bisexual, transgender, queer, gender non-conforming, or those questioning their sexual orientation or gender identity and expression. As we grow professionally and personally, being open-minded allows us to improve cross cultural competencies. This LGBTQ+ training will increase knowledge about this population and diversity within the community. The goal is to transform the way providers interact with the LGBTQ+ community to reduce biases.
Mandated Reporting	A detailed examination of the mandatory child abuse and neglect reporting law including definitions of child abuse and neglect, anonymity, who are mandatory reporters versus discretionary reporters, the reporting process, and the content of the reports and consequences of failing to report. There will be an introduction of federal laws, regulations, and policies that affect a minor’s access to medical, mental health, and substance abuse treatment. Participants will be able to define the rights of minors and their parents as well as the rights of the government and when legal counsel should be consulted.
Minimizing Placement Disruptions	Research suggests that there are various psychosocial as well as environmental factors that contribute to placement disruptions for both foster and adopted youth. Disruptions impact a young person’s psycho-emotional development and their attachment challenges can be long-lasting. Through case reviews, participants will identify and explore stages and factors of disruption that increase the likelihood of disruption and most importantly, suggested ideas to proactively address the challenges with effective solutions.

Motivation -- How to Encourage Ourselves and Others	Be inspired and motivated to follow through with work and life goals. We know that the work we do daily is very challenging. We need to remain upbeat in order to encourage our clients to recognize that their challenges can remind them of how they have overcome trauma. The program will consist of testimonial information and steps on how to complete work goals or plans.
Parenting Birth and Adopted Children	If you are parenting children or work with families who have children who joined the family via adoption and those who have joined the family by birth, it may at times be challenging to celebrate those differences while celebrating the family unit as a whole. Together, we will learn and share what makes our families unique.
Preparing Adolescents for Independence	The child welfare system often creates a sense of entitlement. Many of our homes today have low expectations and few responsibilities for older youth. Our society will soon consider them "grown" yet we may not be preparing them for the commensurate realities that accompany adulthood.
Preventing Suicide Begins EARLY!	This session will allow participants to discuss the reality of suicide risk as well as offer suggestions of how to handle the situation should someone commit suicide. Part of the discussion will be around the experiences of those who attempted or committed suicide.
Quality Visits and Their Impact on Permanency	Visitation is an underutilized and powerful intervention in child welfare permanency planning. This training will offer professionals an opportunity to strengthen their knowledge, develop new practice skills, and understand the connection between visitation and permanency. You will learn how to structure and conduct visitation in child welfare cases, assess quality, utilize it as a teaching tool, and objectively present observations, assessments, and recommendations to all involved parties.
Recognizing a RADish: Reactive Attachment Disorder	Participants will be briefed on the epidemiology, etiology, course, diagnostic features, and treatment of RAD: Reactive Attachment Disorder. As a result of participating in the course, participants will have a better understanding of the plight of children with this diagnosis.
Recruitment, Licensing, and Retention Strategies	This session will help recruiters and licensing specialist share ideas that are helpful and thus are to be prioritized as well as current strategies. Retention is a major factor in recruitment although it is often overlooked. In the best interests of children and youth as well as birth, foster, and adoptive families, we need to work diligently to license and retain quality foster families and not focus solely on licensing families.
Safety During Home Visits	Participants will learn how to enhance their personal safety during home visits. Procedural safeguards will be discussed and comprehensive techniques will be explored that will further strengthen worker safety.
Self-Injury -- More than Self-Mutilation and Cutting	There are MANY reasons why individuals "choose" to injure themselves. Is it really a choice? The definition of self-harm is the deliberate infliction of damage or alteration to oneself WITHOUT suicidal intent, in particular by those with eating disorders, mental illness, a history of trauma, emotional and/or sexual abuse, and personality traits such as low self-esteem or perfectionism.
Sensory Integration Approach Using Occupational and Speech Therapies	When individuals are exploring the possibilities of interacting with their environment, they are engaged, attentive, enthusiastic, and vocal. It may be difficult to elicit this behavior towards therapeutic agendas. Participants will learn about the relationship between sensory processing and verbal and non-verbal communication and strategies to bring them to a state of readiness for learning -- and FUN! Learn how to help those of ALL ages.
Stewards of Children	This comprehensive, powerful sexual abuse prevention training program enables all participants to prevent, recognize, and react responsibly to child sexual abuse. This presentation will enable attendees to recognize the different signs of child sexual abuse, identify resources to address child sexual abuse, and become more effective in working with youth who have been sexually abused.
Stress Management	This comprehensive training session will enable all participants to define the various types of stress, its effects, and symptoms; manage healthy and unhealthy stress using stress relievers; and have a more balanced life.
Subtle Impact: Domestic Violence's Impact on Youth	Even if children are not the target of domestic violence, it affects children of ALL ages including unborn children. We need to address the impact of domestic violence on all families -- including those who are unable to advocate for themselves.
Team Dysfunction	In order to have a strong team, we need to overcome the challenges. If there is no trust, ongoing conflict, lack of commitment, avoidance of accountability, or inattention to results, the team will not be bonded nor will it produce effectively.
Time Management	All of us are too busy and overwhelmed. Honestly, there are times when we put pressure on ourselves as we do not value "No" as being a complete sentence. There are some little known tricks that when utilized will help us to alleviate pressure "secretly" so that we are less overwhelmed and thus are able to let go of any guilt that we might be offending others when we put ourselves first.
Understanding the Changes to the DSM-V	The Diagnostic and Statistical Manual of Mental Disorders (Fifth Edition (DSM-V), published in May 2013, marks the first significant revision of the publication since the DSM-IV in 1994. Changes were largely informed by advancements in neuroscience, clinical and public health need, and identified problems with the classification system and criteria put forth previously. Much of the decision-making was also driven by a desire to ensure better alignment with the International Classification of Diseases 11th edition (ICD-11). Come learn how the changes impact daily practice as well as discuss challenges with colleagues.
Understanding the Power of the School Setting	This training will explore the importance of the school setting for human service professionals working with school-age clients. Forming relationships with school social workers, counselors, or behavioral specialists can lend insight into how your client negotiates his or her social environment. Behavior at school typically is observed over the course of a seven-hour day and within various settings (hallway, class, lunch, etc.). Professionals seeking to better understand their client can ascertain their client's triggers and thoughts more through school than they can in a one-hour weekly visit.
When Your Value Orientation Differs from Clients	Knowledge of one's value orientation is essential for cultural proficiency. Moreover, knowledge of one's value orientation is important for self-awareness. Many professionals have not been given training on how to become fully aware of their value orientation and its application in their practice. This training will explore how values affect our practice and how to work with others when your value orientation is different from theirs.

Working Through Resistance	This training will focus on the skills and ideas that are necessary to engage and also support a client presenting with "resistance." An emphasis is placed specifically on the professional examining his or her experience and worldview and, in turn, how that perspective influences one's interpretation of observable phenomenon.
Youth with ADHD: Guide for Parents/Professionals	We will define ADHD and discuss myths; explain the etiology of the disorder; discuss alternative and additional diagnoses; address areas impacted by the disorder such as academic, family, and social; and review several home and school interventions.

Effective Parenting, http://www.strengtheningfamilies.org/html/programs_1999/17_CICCsEBP.html

This is a 15-week, evidence-based training series meets for 3-hour sessions on a weekly or bi-weekly basis. The last session is a graduation ceremony where the parents receive certificates and deliver brief speeches. The instructor conducts the class, using a 333 page manual that contains fully-scripted guidelines for teaching each session and each of the program's parenting skills, strategies, and special topics. The instructor demonstrates each skill and then has the parents practice before using it with their children. The instructor also uses a series of highly attractive charts to help parents learn and recall key points. The parents receive a Parents' Handbook that reinforces what the instructor teaches. It includes the activities the parents are to engage in at home as they apply the program's parenting skills. Parents report each week on their home use of skills and receive helpful feedback from their instructor and classmates.

One review,

I want to give her [Ms. Logan] some recognition for work well done with a family. I spoke with [child]'s mother yesterday and she told me how much she enjoyed and benefited from Ms. Logan's parenting classes. She shared with me all the skills she learned and said that the child was even pointing out to her, 'You learned that in parenting class, Mom.' This parent said that she had noticed a difference in her child's behavior with these techniques.

Dr. Sanaz Kumar
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