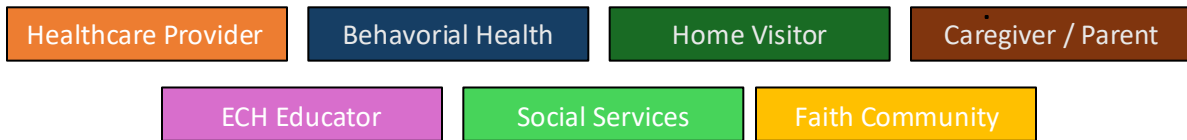


Training Options:

All training options are offered at no cost to participants and can be customized to fit the needs of your audience. Please contact Haley (hhegwood@pottsfamilyfoundation.org) to learn more or ask about scheduling one or more of our training topics. Each training course can be customized to accommodate a variety of audiences.

However, here are some recommended tracks based on professions:



This sign indicates that CEUs are available.

1) Resilience Film Screening & N.E.A.R. Science:

Healthcare Provider	Behavioral Health	Home Visitor
Caregiver / Parent	ECH Educator	Social Services
Faith Community		

- a. **Option 1:** Host Resilience Film Screening with panel or moderated discussion – This option is designed to raise awareness in audiences about the science of ACEs and the important implications of mitigating and/or preventing early adversity.
 - i. **Film Synopsis:** Imagine the implications if the causes of medical conditions such as heart disease could be linked to adverse childhood experiences, also known as ACEs. That very connection is carefully explored in the documentary film Resilience: The Biology of Stress & the Science of Hope, which sheds light on the repercussions of early life traumas. New research shows how previously unconnected links are evident in the health outcomes of adults.
 - ii. **Panel:** Can select from several partners within the Self-Healing Communities' network to participate as informed voices to help guide a follow up discussion.
- b. **Option 2:** Understanding Neuroscience, Epigenetics, Adverse Childhood Experiences, Resilience (N.E.A.R.) This science-informed, evidence-based curriculum walks through:
 - i. How toxic stress and trauma affect the brain (Neurobiology)
 - ii. How the impact of early adversity and trauma can be transmitted from one generation to the next (Epigenetics)
 - iii. More in-depth information about the findings from and meaning of the original study (Adverse Childhood Experiences)
 - iv. How to build strength and capacity in individuals and communities (Resilience)

This training can be customized to the audience and timeframe (between one to six hours depending on desired outcomes) and is offered free of charge. Our group of Community Resilience Trainers can deliver the training either virtually or in-person and it can be combined with the Resilience documentary screening. To learn more or schedule training, please email Linda Manaugh, lmanaugh@pottsfamilyfoundation.org

2) Growing Brain: From Birth to 5 Years Old:

The Growing Brain: From Birth to 5 Years Old curriculum, developed by Zero to Three, fills a unique niche by providing a comprehensive understanding of just how early brain

development works, along with ways early childhood professionals and caregivers can encourage healthy brain development in the infants and toddlers they support. Everyone has a role to play in helping babies and toddlers build the foundational connections needed for healthy brain development. The full training includes seven modules that are three hours in length. Each module may be offered as a stand-alone training or part of a series. The Growing Brain Modules include the following topics:

Brain Basics:

Healthcare Provider	Behavioral Health	Home Visitor
Caregiver / Parent	ECH Educator	Social Services

Understand the core concepts of neurodevelopment and the critical role of early experiences.

Factors Affecting Brain Growth and Development:

Healthcare Provider	Behavioral Health	Home Visitor
Caregiver / Parent	ECH Educator	Social Services

Explore the genetic and environmental influences on early brain development.

Communication and Language Development:

Healthcare Provider	Home Visitor	Caregiver / Parent
ECH Educator		

Dive into the processes that underlie early communication and language skills.

Cognition and Executive Function:

Healthcare Provider	Home Visitor	Caregiver / Parent
ECH Educator		

Learn about the development of thinking skills and self-control.

Social-Emotional Development:

Healthcare Provider	Home Visitor	Caregiver / Parent
ECH Educator		
Social Services		

Gain insights into the emotional lives of infants and toddlers and how they form relationships.

Understanding Behavior:

Home Visitor	Caregiver / Parent	ECH Educator
Social Services		

Discover the meaning behind behaviors and how to respond effectively.

Everyday Play:

Caregiver / Parent

ECH Educator

Recognize the importance of play and how it supports early brain development.

To schedule a Growing Brain training or discuss training options, contact Haley Hegwood, hhegwood@pottsfamilyfoudation.org, for more information.

3) Mobility Mentoring

Home Visitor

Social Services

ECH Educator

Mobility Mentoring is a coaching model with the goal of helping people with low incomes move out of poverty and reach economic independence. Mobility Mentoring is an alternative to traditional case management with four essential elements: coaching for economic mobility, the Bridge to Self-Sufficiency® assessment, goal setting, and recognition for progress made on goals. The model is informed by evidence from brain science research about the negative associations between the chronic stresses of poverty and the development of executive functioning skills. Mobility Mentoring seeks to help participants acquire the problem-solving and goal-setting skills necessary to successfully manage their lives and become economically mobile.

Please contact Haley Hegwood, hhegwood@pottsfamilyfoudation.org for more information

4) Facilitating Attuned Interactions:



Behavioral Health

Home Visitor

Social Services

- FAN (Facilitating Attuned Interactions) is a conceptual model and practical tool for building relationships and reflective practice. Developed in 2005 as an approach to working with parents of fussy babies, FAN is a meta-framework that is not model specific and is generalizable to the helping relationship in many settings.
- FAN is used in programs and systems in 19 states and internationally to promote parent engagement and provider/parent collaboration. Last year, over 1,600 professionals working in home visiting, primary care, early intervention, child welfare, early childhood education, early childhood mental health, and youth mentoring were trained in the FAN.

FAN Training Options:

- **Introduction to FAN:** this is a brief 90 min overview of the FAN, meant for community groups interested in a basic introduction to the framework

- **FAN Overview:** this is a one-day training designed for supervisors and agency leadership interested in bringing FAN to their organization, it provides an overview of the core concepts and practices that make up the FAN
- This training is designed for programs to be well-grounded in the framework and offers support to new practitioners integrating FAN in their day-to-day practice. There are 2 options available depending on your agency's interest:
 - **Level I Core Training:** 2 days of live training, can be held in-person or virtually
 - **Level II:** includes Level I Core Training (2 days); Reflective Practice (6 months of mentored support); and an on-site Integration Day (1 day)
- For more information on scheduling FAN training, contact Audra Haney, ahaney@pottsfamilyfoundation.org

5) The Training Institute - <https://odmhsas.docebosaas.com/learn>

a. Keeping Babies in Mind While Working With Parents:



Behavioral Health

Home Visitor

This training aims to build a foundation of knowledge in parent-child relationships. Participants will learn the unique mental health needs of infants and young children, which are directly related to the needs of parents. Participants will also identify the key basics of development and attachment and explore how early experiences are related to later health and well-being. One of the training's primary goals will be putting these pieces together to improve outcomes for families.

b. Looking at Diversity Through the Lens of Trauma and Resilience while Supporting Parents and Babies:



Behavioral Health

Home Visitor

To fully support infants, children & families, we must address diversity, trauma, and resilience thoughtfully. Participants of this training will begin by viewing the documentary resilience, which will set the stage to discuss the multiple effects of trauma and how trauma is passed down inter-generationally. Next, discuss the Diversity-Informed Infant Mental Health Tenets through this trauma-informed lens. Finally, participants will be encouraged to participate in activities and discussions in small groups as they examine how their lens affects their work of supporting pregnant and parenting women, their families, and their infants.

c. Introduction to Motivational Interviewing:





In this two-day training, you'll learn about Motivational Interviewing (MI), a communication method focused on collaboration, setting goals, and encouraging change. The training will cover how MI can be used to strengthen an individual's motivation to change their behavior by exploring and discussing their reasons for doing so. Through hands-on activities and case studies, participants will comprehensively understand MI principles and techniques. By the end of the training, participants will have the necessary skills to apply MI effectively in their professional practice, support individuals in achieving their goals and facilitate behavior change.

5) **Attachment Vitamins:**

<https://learn.nctsn.org/enrol/index.php?id=483>



This is an interactive Course on Early Childhood Attachment, Stress, and Trauma The Attachment Vitamins online course is an interactive, self-paced e-learning course for those adults who often find themselves in the company of children aged zero to five and their families, including professionals such as early childhood educators and child care providers, public health workers, nurses and other medical providers, and case managers; and also for the caregivers of young children themselves.

6) **PAX Tools Training:** <https://education.okstate.edu/research/centers/center-family-resilience/current-projects.html>



PAX Tools is a collection of evidence-based, trauma-informed strategies designed to improve cooperation and self-regulation with youth of all ages in nurturing environments. It is intended for any caring adults who interact with children. This includes parents, caregivers, professionals, and volunteers. PAX Tools creates nurturing environments in which kids thrive by reducing toxic influences; increasing psychological flexibility and safety; limiting problematic behavior; and richly reinforcing prosocial behaviors.

7) OSDH (Oklahoma State Department of Health) -

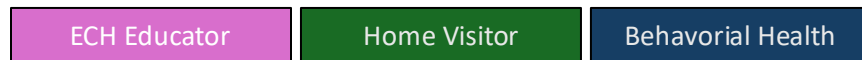
Please contact Lisa Williams at lisaw@health.ok.gov or at (405) 496-6903 for questions regarding any of the below training courses

a. **Safe Sleep for Professionals training:**



This training teaches the updated 2022 American Academy of Pediatrics recommendations for infant safe sleep and meets the Oklahoma Child Care Services licensing requirement for safe sleep training.

b. **Autism Spectrum Disorder and Early Identification:**



The Autism Spectrum Disorder and Early Identification Training is provided through the Oklahoma Autism Center with OUHSC and will cover the following objectives: Introduction and overview of Autism, what is Autism, Characteristics of Autism, Early identification, and developmental monitoring. and tools, supports and strategies for Autism.

c. **Strengthening Families: Introduction to Protective Factors:**



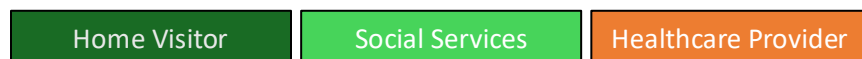
The Strengthening Families approach and protective factors framework is a research-informed, strengths-based approach that prevents child abuse and neglect by focusing on the well-being of all families and helping families identify and build on their own protective factors.

d. **Standards of Quality for Family Strengthening & Support:**



The nationally adopted Standards of Quality are designed to be used by all Family Strengthening and Support stakeholders - public departments, foundations, community-based organizations, and families - as a tool for planning, providing, and assessing quality services. This is a virtual training utilizing the zoom platform.

e. **Ages and Stages Questionnaire ASQ Training:**



The ASQ Training will discuss advantages of regular and periodic developmental screenings, discuss how to administer screening, define appropriate ASQ & ASQ-SE screenings

for child, discuss how to score and interpret screening, discuss appropriate feedback to child's parent regarding screening results, identify appropriate referral sources for children.

f. **Reproductive Health/Maternal Depression:**

Healthcare Provider	Home Visitor
---------------------	--------------

This training will discuss the following: strategies to promote adequate prenatal health, danger signs and discomforts of pregnancy, body changes during pregnancy, Stages of labor, pain control during labor, identify danger signs and common discomforts of postpartum period, body changes during postpartum period, accessing and linking home visitation clients to prenatal and postpartum services in the community

g. **Attachment:**

Home Visitor	Healthcare Provider	Social Services	Behavioral Health
ECH Educator			

This training will cover the following: Attachment History, Stages of Attachment, Classifications of Attachment Disorders, High Risk Indicators in Young Children, Diagnosis of Attachment Disorder, Therapeutic Factors, Social Emotional Development, Understanding Social-Emotional Development, Social Emotional Development Within the Context of Relationships, The Importance of Social-Emotional Competence, Forming and Sustaining Relationships with Young Children and Families, and Referral Resources

h. **Special Needs:**

ECH Educator	Home Visitor	Social Services	Behavioral Health
--------------	--------------	-----------------	-------------------

Special Needs Training is a joint training conducted by the Oklahoma Family Network and Kim Quinn with the Oklahoma State Department of Health. The morning session of the training will provide a full in-depth look at special needs and many resources and different supports. The afternoon session will provide many hands-on activities and support on ways to work closely with parents and families.

i. **Developmental Milestones:**

ECH Educator	Home Visitor	Healthcare Provider
--------------	--------------	---------------------

This training will cover the following: Overview of Developmental Milestones, Updates and Revisions to Developmental Milestones, How to Support Children and Families, Identify normal development for 0-2 year olds, Identify red flags indicating possible developmental delays,

Discuss activities parents can utilize to promote development, Identify appropriate referral resources for children with developmental delays

j. Home Visitor Safety Training:



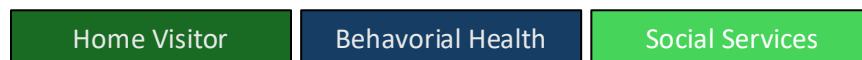
Identify situations that put the home visitor at risk and basic precautions home visitors may take, identify common warning signs of dangerous behaviors exhibited by clients, and discuss reaction plans and describe ways to handle situations that may be harmful to either home visitor or client. This training also covers everyday safety risks including personal, public and in-office risks. It will provide scenarios and situations helping attendees learn how to best prepare for daily and possible emergency situations. This training is not only beneficial for home visitors but also for anyone looking to refresh their outlook on daily safety precautions and the best way to handle possible unsafe situations.

k. Reflective Practice:



Participants will learn the true definition of reflective practice and discuss the nature of reflective practice. They will develop an understanding of the parallel process involved in the work between supervisors, home visitors and families. Participants will learn to identify the nature of parent-infant work that highlights the value of reflective practice and develop effective and creative supervision strategies.

l. Boundaries & Burn Out:



Participants will accurately define compassion fatigue, burnout, and secondary trauma. Attendees will gain insight into risk factors that contribute to burn out and be able to spot the signs of burnout. Attendees will gain knowledge on setting boundaries to maintain integrity and well-being.