



Adult Training Topics

The Center for Family Safety and Healing (TCFSH) provides free training and resources to promote change, build resilience and raise awareness of family violence in our community. The following training topics are available individually or as a series. We would be happy to customize trainings based on your individual/organizational needs. Continuing education units are available for eligible staff (10 weeks advance notice is required).

Family/Domestic Violence Overview (1-2 hours)

This session will build the foundation to understanding family and domestic violence. Participants will discuss the ways we talk and think about family violence and will learn about abuse dynamics. This session is recommended for a series training.

Child Maltreatment and Mandated Reporting (1-2 hours)

Learn the definitions, signs, and effects of child abuse and neglect. Learn the legal requirements for mandated reporting. Additionally, participants will explore and discuss bystander interventions and review community resources.

Children Exposed to Domestic Violence (1-2 hours)

The long-term impact of domestic violence has direct implications for children. This training takes a trauma-informed approach to addressing the effects of exposure to domestic violence for children and the ways children build resiliency skills.

Cultural Competency and Family Violence (3 hours)

Through an interactive immersion experience, participants will explore the dynamics of domestic violence relationships and cultural/social factors. Participants will learn appropriate strategies for responding to victims using resilience-based techniques.

Darkness to Light's STEWARDS OF CHILDREN® (2.5 hours)

Stewards of Children is an evidence-informed prevention solution that increases knowledge, improves attitudes, and changes child protective behaviors. This session teaches adults how to prevent, recognize, and react responsibly to child sexual abuse.

Workplace Response to Domestic Violence (1-2 hours)

Participants will learn about the ways domestic violence not only impacts family life, but also directly affects an organization's productivity and workplace safety. Additionally, participants will learn about the *Three R's* to recognize domestic violence victimization and perpetration, respond appropriately and refer to internal and community resources.

Faith Community Response to Domestic Violence (1-2 hours)

Participants will learn about the intersection of faith and domestic violence – including the ways faith communities can be a strong support system for those experiencing domestic violence, and the ways abusers misuse faith as a means of power and control. Using the *Three R's* to Recognize, Respond and Refer, participants will explore appropriate responses to victims and perpetrators.

Family Violence Screening Protocol Training (1-2 hours)

This training is for professionals in the medical and behavioral health fields to better screen and identify patients experiencing abuse. Participants will learn trauma-informed best practice recommendations for responding appropriately and providing referrals for patient victims.

Supporting Healthy Teen Relationships (1-2 hours)

Sometimes, it can be awkward to talk about dating but teens need adults to start the conversation. This session will cover the dynamics of teen dating to help adults learn how to appropriately communicate with teens, empower teens to make healthy relationship choices, and provide local and national resources for youth.

Building Resiliency with Youth (1-2 hours)

Youth face many challenges during their lives, including adverse childhood experiences (ACEs). Yet it can be difficult to translate the science of ACEs and its impact on their physical/mental health. This session will explain how ACEs affect development in the brain and explore practical tools that promote resiliency through collaborative “power with” relationships between adults and youth.

Resilience (2-3 hours)

This workshop features a screening of an hour-long documentary, *Resilience: The Biology of Stress & the Science of Hope*, which addresses Adverse Childhood Experiences (ACEs). Participants will receive trauma-responsive resources and tools to promote resilience within individuals, organizations and communities.

Safer, Smarter Kids - Elementary (3 hours)

This session is designed to train educators in an abuse prevention curriculum for Pre-K and elementary-aged students. The education program uses developmentally appropriate information to arm children with the tools and language they need to increase protection from abuse.

A Community Response to Stalking (1-2 hours)

This interactive presentation will define stalking, explore resources to prevent or interrupt stalking behaviors and provide information about the processes to report behavior that makes someone feel uncomfortable.

Teens and Technology: Dating in a Digital World (1-2 hours)

Technology is an important aspect of teen dating relationships. In this session, participants will explore popular social media applications and websites frequented by teens that can be used as a tool of power and control as well as prevention.

Building Resiliency: Refilling Your Cup (2-3 hours)

Helping professionals give from their cup every day and it can sometimes feel like their cup is empty due to stress, exhaustion and heavy workloads. This session will provide staff with evidence-based tools, insights and strategies to increase individual resilience and enhance the wellbeing of their organization.

PAX Tools for Communities (2-3 hours)

PAX Tools is a collection of 12 evidence-based behavioral strategies for families and communities to promote the development of self-regulation skills of children in their lives. Participants will receive a PAX Tools Kit with resources to support self-regulation skills in youth-serving organizations or at home.

Trauma Responsive Care (1-3 hours)

This session will examine how Adverse Childhood Experiences (ACEs) contribute to repeated activation of fear response systems and disrupt the functions of the attachment and regulation centers of the brain. In addition, the session will explore evidence-based resilience factors to aid individuals in the healing process with others through safe connection.

Where's The Line? Domestic Violence eLearning Course (15 minutes)

Ending domestic violence is everyone's responsibility. This short course will help participants to better understand how to recognize the signs of domestic violence, learn steps to become an active bystander, and become familiar with our public education bystander campaign, Where's The Line?.

For trainings or presentations contact:

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