Adult Training Topics

The Center for Family Safety and Healing (TCFSH) provides no-cost training and resources to promote change, build resilience, and raise awareness of family violence in our community. The following training topics are customizable, and available individually or as a series. Continuing education may be available, with 10 weeks advanced notice.

Family Violence Overview *(1-2 hours)*

This session will build the foundation for understanding family violence, including child abuse, teen dating violence, intimate partner violence, and elder abuse. Participants will discuss the ways we talk and think about family violence and will learn about abuse dynamics. *This training is recommended as the start of a series.*

CHILD ABUSE:

Child Maltreatment and Mandated Reporting *(1-2 hours)*

Keeping kids safe from abuse and neglect requires adults to make safe choices, take risks, and support each other. This session will help participants identify warning signs of child abuse and neglect, explore individual/community strategies for prevention, and consider the responsibilities of mandated reporting.

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.

TEEN DATING VIOLENCE:

Green Flags: Supporting Healthy Teen Relationships *(1-2 hours)*

Teens face many different pressures in relationships, and they need adults to start the conversation. This session will cover the spectrum of teen dating to help adults use trauma-responsive communication strategies, empower teens to make healthy relationship choices, and share local and national resources for youth.

Supporting Healthy Digital Boundaries (*1-2 hours*)

Technology is a big part of our lives, and from social media to gaming, technology use has increased over the past two years. This interactive workshop will explore how youth use technology in friendships/relationships and how online safety is a developmental process. Participants will receive tools to support healthy digital boundaries.

FOR TEENS: Healthy Relationships in a Digital World

These sessions can be provided in school, community-based, and healthcare settings for teens in 6th-12th grades. Session topics include the spectrum of relationships (healthy/unhealthy/abusive), boundaries, consent, digital footprints, and healthy digital boundaries.

DOMESTIC VIOLENCE:

Understanding Domestic Violence *(1-2 hours)*

This foundational session provides an understanding of the dynamics of domestic violence, breaking down common misconceptions and illuminating the realities of coercive control and abuse. Participants will learn strategies for increasing safety and support and decreasing isolation for survivors, along with relevant community resources to meet survivors' needs. Recommended as the start of a series on domestic violence.

Children Exposed to Domestic Violence *(1-2 hours)*
Abusive behaviors towards a parent can directly and indirectly impact children. This training takes a trauma-informed approach to address the effects of exposure to domestic violence on children and the ways that families navigate resiliency. Participants will explore strategies for increasing safety/support and decreasing isolation for a parent who is experiencing intimate partner violence.

Culturally Responsive Approaches to Domestic Violence *(1-2 hours)*
Domestic violence affects people regardless of race, ethnicity, class, sexual and gender identity, religious affiliation, age, immigration status, and ability. Additionally, it is important to consider the intersectional identities of survivors and their children when providing services. This workshop will explore best practices and resources to support families experiencing violence across different communities.

Workplace Response to Domestic Violence *(1-2 hours)*
Domestic violence doesn't stop when the workday begins. Participants will learn about the ways domestic violence not only impacts an employee's personal life, but also can directly affect the workplace. Additionally, participants will learn about the *Three Rs* to recognize domestic violence victimization and perpetration, respond appropriately, and refer to internal and community resources.

CUES: Addressing Domestic Violence in Healthcare Settings *(1-2 hours)*
This training is for professionals in the medical and behavioral health fields to increase support and resources for patients experiencing abuse using an evidence-based brief intervention called CUES: Confidentiality, Universal Education & Empowerment, and Support. Participants will learn trauma-informed, best-practice recommendations for responding appropriately and providing referrals for patients experiencing domestic violence.

Keeping Survivors Safe: Understand Technology and Stalking *(1–2 hours)*
This interactive presentation will examine stalking and stalkerware technologies, explore tools to prevent or interrupt stalking behaviors, and provide information about reporting processes as well as community resources.

RESILIENCY:

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**.**

Building Resiliency with Youth *(1-2 hours)*
This session will explain how Adverse Childhood Experiences affect development in the brain and explore practical tools that promote resiliency through collaborative "power with" relationships between adults and youth.

Moving from Compassion Distress to Compassion Resilience *(2-3 hours)*
Helping professionals give from their cup every day and it can sometimes feel like their cup is empty due to stress, exposure to others' trauma, and heavy workloads: known as *compassion distress*. This session will provide participants with evidence-informed tools, insights, and strategies for building *compassion resilience*.

Pathways to Workplace Well-being *(1-3 hours)*
Addressing compassion distress in staff and building trauma-informed policies and practices into the organizational culture supports staff well-being and capacity for client care, increases retention, and leads to better outcomes for everyone. Participants will be empowered to share learnings and advocate for culture shifts with leadership at their own agencies, to identify impacts they can have within their own sphere of influence within their organization, and to advocate with other organizational partners in their service areas.

To schedule a training, please email tcfshtraining@familysafetyandhealing.org or call 614-722-5911