



2022-2023
Professional Development
Annual Report

Events: 26
People Trained: 1,520

Butler County Social Services Resource Expo

Date: August 5, 2022

Attendance: 325

The 10th annual resource expo provides information in one easy to access place about the robust services in Butler County. The goal is to educate professionals and the community on the wide array of local services available. With representation from over 80 local providers it is a great event to network and learn. Each person received a bag, a resource card and a printed resource directory which listed all vendors and the information about the agencies.

“This was an awesome opportunity to network and learn about all the resources available! Very well organized!”

Smart Strategies for Managing Alcohol Use

Date: August 24, 2022

Attendance: 97

Co-hosted with Beckett Springs Hospital. The Smart Strategies training provides an evidence-based approach to addressing alcohol misuse. The training helps participants understand alcohol misuse and alcohol use disorder, identifies signs and symptoms of a substance use disorder, explains the science of addiction, highlights strategies to implement healthier coping mechanisms, and offers tips for having these difficult conversations with impacted individuals. **96% of participants would recommend this training.**

QPR: Question, Persuade, Refer

Date: September 21, 2022

Attendance: 10

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. **100% of participants would recommend this training.**

Growing Up in a Hyper Digital Age:

Helping Youth Navigate Technology Benefits and Challenges

Date: September 29, 2022

Attendance: 49

Participants will learn practical strategies to use and advise parents/youth in this hyper digital age. This training will educate those who provide youth related services on the dangers that children face every day in their online life. Participants will receive a digital handbook and access to tools that assist providers in staying up to date on the latest apps kids are using, the trends with teens and technology, current events involving kids and technology, as well as parenting issues as it relates to raising kids in the digital age. **88% of participants would recommend this training.**

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Facilitating Healing, Resilience and Hope: Part 1

Date: October 20, 2022

Attendance: 98

These two full days of foundational training from Finding Hope Consulting brings to life the neuroscience of trauma and the healing power of relationships. Through understanding the latest trauma research and careful translation into practice, we can help trauma survivors experience healing, resiliency, & hope. **98% of participants would recommend this training.**

Social Services Overview

Dates: October 24, 31, and November 7, 2022

Attendance: 22

Over 3-half day sessions participants became familiar with Butler County community resources through guest speakers, networking and tours. Participants met agency staff and received up to date information about services, eligibility, referral processes and fees for over 25 of the local organizations. **100% of participants would recommend this training.**

Facilitating Healing, Resilience and Hope: Part 2

Date: November 1, 2022

Attendance: 92

These two full days of foundational training from Finding Hope Consulting brings to life the neuroscience of trauma and the healing power of relationships. Through understanding the latest trauma research and careful translation into practice, we can help trauma survivors experience healing, resiliency, & hope. **91% of participants would recommend this training.**

Introduction to Developmental Relationships Workshop

Date: November 8, 2022

Attendance: 47

What happens in relationships that makes them so important to young people's growth and learning? Search Institute research has identified five key elements of a relationship that, like the roots of a tree, are the source of nourishment, stability, and resilience for young people. Ongoing Search Institute studies show that when young people experience relationships characterized by the five emotional skills are stronger, their academic outcomes are better, and their risk behaviors are lower. **100% of participants would recommend this training.**

Motivating Youth by Igniting their Sparks

Date: November 8, 2022

Attendance: 33

A spark is the hidden flame inside every young person that taps into their true passions, talents, skills, and dreams. Sparks gives us the opportunity to help our communities transition from resilience to thriving in an inclusive environment. It creates community support in order to help young people find themselves and their identities. This workshop will teach participants to harness Search Institute's research on Sparks to build and strengthen relationships with young people. **100% of participants would recommend this training.**

Trauma Responsive Care Theory to Practice Session 1: Trauma Informed Assessment

Date: November 14, 2022

Attendance: 33

This training will assist participants in understanding the essential elements of a comprehensive trauma assessment such as identifying Adverse Childhood Experiences (ACE), Compounding Adverse Toxic Stressors (CATS) and the role they play in challenging behavior,

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societal challenges like the school to prison pipeline, developmental disabilities and mental and emotional disorders. **100% of participants would recommend this training.**

Brain Based: Beating the Stigma of Addiction with Lessons from Neurobiology

Date: December 2, 2022

Attendance: 44

According to the National Center for Drug Abuse Statistics(2022), Substance Use Disorders affect over 20 million Americans aged 12 and over. For this reason, it is vitally important that providers understand the factors that influence the development of addictions and how to engage in an informed and culturally competent way with individuals, families, and youth who have been touched by addiction. **100% of participants would recommend this training.**

Trauma Responsive Care Theory to Practice Session 2:

The Top Five Resilience Factors and You

Date: December 8, 2022

Attendance: 29

Learn the top five resilience factors found in those who have experienced trauma and moved beyond it. Explore your role in helping those you serve develop resiliency, and how to use the same skills to support yourself in this important and demanding work. **100% of participants would recommend this training.**

Resilience Based De-escalation

Date: January 5, 2023

Attendance: 16

Hosted by Envision Partnerships. Resilience Based De-Escalation Training is designed to develop felt safety and build resilience interventions for both the learner and those they serve in a way that is practical and accessible to everyone. The neuroscience-based strategies in this training provide a roadmap to felt safety, de-escalation and prevention.

Building Empathy & Intentional Listening in Our Customer Service

Date: February 24, 2023

Attendance: 85

In this customer service focused training we will explore how to be an intentional and empathetic listener while learning new skills in: calming in crisis moments, connecting people to services, deep listening, problem-solving and providing compassionate service. **96% of participants would recommend this training.**

Trauma Responsive Care Theory to Practice Session 3:

Looking for Dopamine in all the Wrong Places

Date: February 24, 2023

Attendance: 30

Neuroscience is demonstrating that some of the most challenging behaviors demonstrated by trauma survivors are biologically based fear responses more related to fear-based dysregulation than intractable behavior. **92% of participants would recommend this training.**

Prevention to Recovery Forum

Date: March 8, 2023

Attendance: 66

The 5th Annual Prevention to Recovery Forum featured a presentation on Justice, Equity, Diversity and Inclusion within the continuum of care. This was followed by a time for participants to learn about the community resources available that support people along the road from prevention to treatment and recovery. **100% of participants would recommend this training.**

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Trauma Responsive Care Theory to Practice Session 4:

The 3 R's of Successful Trauma Resolution

Date: March 20, 2023

Attendance: 29

There are three stages to successful trauma resolution: re-experiencing, releasing, and reorganizing. We will explore your current approaches and how they can be used to promote movement through the 3 Rs of trauma resolution. **96% of participants would recommend this training.**

Trauma Responsive Care Theory to Practice Session 5: Trauma Informed Leadership and Self Care: Promoting Client Care and Self Care

Date: April 19, 2023

Attendance: 25

Working with trauma survivors can be toxic to providers and agencies alike. Secondary trauma is real and impacts every level of the organization from one-on-one interactions with those served and among staff, strategies, interventions, treatment, supervision, and administration. This training will explore how to promote healing and hope in those we serve and ourselves. Learn how to help yourself and staff walk with survivors through the stages of successful trauma resolution while recognizing and addressing vicarious trauma. Explore how secondary trauma impacts everyone in an organization and what can be done about it. We will look at what research tells us, what our work experiences have shown us and develop a plan to assist you, your staff and those you serve in negotiating this work that is as challenging as it is needed. **95% of participants would recommend this training.**

Parenting in a Hyper Digital Age: Healthy Tech in the Home Part 1

Dates: April 20, 2023

Attendance: 42

Co-hosted with C3 this webinar workshop series for parents will teach strategies to handle cyber bullying, spot online predators, and monitor online devices. Workshops will also discuss sexting, online gaming and the implications and consequences of permanent digital footprints.

Operation Street Smarts

Dates: April 24, 2023

Attendance: 105

Co-hosted with Parachute CASA- Training on current drug trends, terminology and paraphernalia

OPERATION: Street Smart is an award-winning program designed to educate and inform communities on current drug trends, emerging terminology and the legal implications of drug use. The goal of Operation: Street Smart is to help parents; teachers and concerned community members recognize the influence of the drug culture on young people and share the knowledge and experiences of veteran undercover narcotics officers so they are better prepared to deal with the issue of drug use in their homes, schools and neighborhoods.

Kaleidoscope Youth/Intent, Impact and Allyship

Date: April 26, 2023

Attendance: 45

Participants explored the intent and the actual impact behind common microaggressions and other slights against LGBTQIA+ people, particularly transgender adolescents. They learned about what it truly means to be an ally, and took a deep dive into the many ways that professionals can improve the general climate of schools, community centers, organizations, etc. through various strategies from simple word choice to organizational policy change.

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Parenting in a Hyper Digital Age: Protecting my Child Online Part 2

Dates: April 27, 2023

Attendance: 46

Co-hosted with C3 this webinar workshop series for parents will teach strategies to handle cyber bullying, spot online predators, and monitor online devices. Workshops will also discuss sexting, online gaming and the implications and consequences of permanent digital footprints.

Social Services Overview

Dates: May 1, 3 and 10, 2023

Attendance: 32

Over 3-half day sessions participants became familiar with Butler County community resources through guest speakers, networking and tours. Participants met agency staff and received up to date information about services, eligibility, referral processes and fees for over 25 of the local organizations. **100% of participants would recommend this training.**

Parenting in a Hyper Digital Age: Protecting my Child Online Part 3

Dates: May 4, 2023

Attendance: 25

Co-hosted with C3 this webinar workshop series for parents will teach strategies to handle cyber bullying, spot online predators, and monitor online devices. Workshops will also discuss sexting, online gaming and the implications and consequences of permanent digital footprints.

Trauma Responsive Care Theory to Practice Session 6:

Sharpening Our Trauma Lens: Myth vs. Science

Dates: May 15, 2023

Attendance: 29

Trauma does not discriminate. It affects Individuals of all ages and developmental levels. As we bring our Theory to Practice Learning Community Trainings to a close, we will bring together our trauma-focused interventions for all ages and developmental levels, at all levels of healing, in a variety of environments, even those with few adult supports. We will explore and practice strategies and interventions into sensory-based activities to promote Mindfulness, Regulation, Frustration Tolerance, and Interpersonal Skills. Each intervention will be broken down for differing age groups and developmental levels. Bring your most and least favorite techniques, so we can explore and refine them to add to the repertoire we will develop for each participant to take with them. **96% of participants would recommend this training.**

Beyond Self Care: The Importance of Wellness in the Workplace

Dates: June 2, 2023

Attendance: 67

When we are exposed to the suffering of others through our work, we are affected. Helping professionals are facing numerous challenges that can result in secondary traumatic stress, and the deterioration of emotional wellness, physical health, and relationships. This workshop will describe trauma and the biological stress response in order to normalize and de-stigmatize secondary trauma that results from exposure in our work. It will provide an overview of symptoms of secondary traumatic stress and vicarious trauma, and the ways in which this toll can impact staff both professionally and personally. We will define resilience as a learned skill that buffers the effects of secondary traumatic stress, and explore personal and organizational wellness practices for managing stress arising from the challenges faced through our work. **94% of participants would recommend this training.**

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Quotes from participants:

“The excitement of the presenter and her passion for what she was speaking about. She was interactive and made it a fun and inviting experience while also providing information and knowledge.”

“Collaborating with the people around us and hearing about different issues I hadn't considered before or thought to understand/acknowledge. Also the breakdown of LGBTQIA+; I thought I had a pretty good grasp on all the groups within the community but there was some terminology I hadn't known before.”

“The list of resources was extremely helpful to assist me in expanding my knowledge and practice of self care and to best support staff.”

“The in-class practice of different tools helped gauge what might work best for individuals once the training was over. The presenter clearly put time in prior to ensure the flow and talking points met the needs of the audience. She knew her audience very well! Loved the table fidgets and use of different learning formats (videos, talking, practicing, table discussions, etc.).”

“Actionable steps to keep kids safe online, statistics, real-life examples. Justification of the importance of technology in the current generation while also promoting a healthy relationship with technology.”

“The most valuable part of the workshop was simply the information that she provided. It was very clear that the speaker felt passionate about the topic and with that it intrigued me more. It was also very informative and I gained information that I could use in my future career endeavors.”

“I loved how interactive/engaging the training was. Trainers really valued the feedback and answered any questions to better clarify. I loved the hand brain and how it was broken down with the fight/flight/flee/freeze. Very helpful!”

“I really appreciated the way that the content was presented with emphasis on empathy and humanity and with deep connections to the importance of cultural humility to being trauma responsive. The science was presented in a way that was easy to understand and with examples of how it can be applied in real situations.”

“The chance to get such valuable training that will help the kids I serve at work. What an incredible gift. Both trainers were amazing!”