



2024-2025 Professional Development Annual Report

Events: 30 People Trained: 2,102 Overall Satisfaction: 97%

Trauma Responsive Supervision Series: Recognizing and Building Resilience in Yourself and Others- Session 2

Date: July 25, 2024

Attendance: 24

Supervisors navigate between many different roles: teacher, advocate, evaluator & advisor to name a few. These 4 sessions build trauma responsive practices and resilience. Sessions were interactive, creating a safe learning space to share ideas, challenges and successes.

Butler County Social Services Resource Expo

Date: July 26, 2024

Attendance: 292

The 12th annual resource expo provided 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.

Intentional & Empathetic Listening for Butler Tech Project Search Staff

Date: August 5, 2024

Attendance: 50

As part of their start of the school year professional development, Danae Riggs gave a keynote speech to the staff of Project Search and Project Life on Empathetic Listening.

Beyond the Intake: Building Curiosity & Empathy in Our Service Delivery

Date: August 5, 2024

Attendance: 55

Participants explored a deeper level of listening, strategies for leaning into a growth-minded client relationship where mutual respect, curiosity and empathy is the foundation. Exploration, critical thinking and tuning into the HEARTwork of our service were covered.

An Introduction to Motivational Interviewing at Butler Tech

Date: August 5, 2024

Attendance: 50

Motivational Interviewing is a collaborative, person-centered form of guiding to bring out and strengthen motivation for change. Motivational Interviewing is both a philosophy and a set of strategic techniques. This session focused on MI skills for the staff members of Project Life and Project Search at Butler Tech.

Youth Mental Health First Aid

Date: August 9, 2024

Attendance: 23

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduced common mental health challenges for youth, reviewed typical adolescent development, and taught a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Trauma Responsive Supervision Series: Recognizing and Building Resilience in Yourself and Others- Session 3

Date: August 22, 2024

Attendance: 17

Supervisors navigate between many different roles: teacher, advocate, evaluator & advisor to name a few. These 4 sessions build trauma responsive practices and resilience. Sessions were interactive, creating a safe learning space to share ideas, challenges and successes.

Leading with CLAS

Date: August 29, 2024

Attendance: 36

This workshop was designed for organizations pushing for health equity. People experiencing structural vulnerabilities to their health (e.g., People of Color, disabled persons, LGBTQ communities, marginalized genders) require systemic interventions rooted in dignity, care, and intentionality. This workshop examines the implicit, explicit, and structural barriers to health and also CLAS standards (Culturally and Linguistically Appropriate Services) as a framework to decrease health and healthcare disparities and improve health outcomes (e.g., length of life and quality of life).

An Introduction to the 40 Developmental Assets

Date: September 6, 2024

Attendance: 39

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.

Transforming Youth Discipline & Justice with Restorative Practices

Date: September 20, 2024

Attendance: 78

Stephen Hill, founder of Speak Sobriety shared his deeply personal journey through mental health struggles, substance misuse, and ultimately, recovery. Stephen's story focused on the importance of adding more protective factors in a young person's life rather than removing them with a strictly punitive response. His remarkable story demonstrated the untapped potential, positive outcomes, and renewed hope that comes from extending a second chance to those in need.

Trauma Responsive Supervision Series: Recognizing and Building Resilience in Yourself and Others- Session 4

Date: September 26, 2024

Attendance: 17

Supervisors navigate between many different roles: teacher, advocate, evaluator & advisor to name a few. These 4 sessions build trauma responsive practices and resilience. Sessions were interactive, creating a safe learning space to share ideas, challenges and successes.

Social Services Overview

Dates: September 24, October 1, October 8, 2024

Attendance: 25

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 23 of our local organizations.

Annual Domestic Violence Summit**Date: October 15, 2024****Attendance: 102**

This training program enhanced the capacity of providers and law enforcement to respond effectively to victims of domestic violence, sexual assault, and stalking. The training equipped participants with a comprehensive understanding of how traumatic experiences affect victim memory, reactions, and behavior, and how these factors influence service provider interpretations, investigations, and the safety of survivors.

Screening, Brief Intervention, and Referral to Treatment (SBIRT)**Date: November 5, 2024****Attendance: 16**

The goal of this training course was to help participants develop their Substance Use Screening, Brief Intervention, and Referral to Treatment (SBIRT) knowledge, skills, and abilities. At the end of this training participants were able to: Identify SBIRT as a system change initiative; Compare and contrast the current system with SBIRT; Develop knowledge of Motivational Interviewing as it relates to the SBIRT model; Describe referral to treatment and more.

Access to Affirming Services for LGBTQIA+ Young Adults**Dates: November 13, 2024****Attendance: 48**

Statistics related to experiences of discrimination and risk factors faced by LGBTQIA+ young adults (around 18-24) were covered. People explored the process of accessing services from the perspective of a transgender person, and learned about what it truly means to create an affirming physical space for LGBTQIA+ clients.

Disrupting the Cycle of Addiction with Developmental Relationships**Date: December 6, 2024****Attendance: 38**

This workshop equipped people in understanding the impact of parental addiction on youth and how to build prevention skills to help disrupt the cycle of addiction. Data from the Prevention First Student Drug Use Surveys and stories in working in the field of prevention, addiction, and recovery were covered. Utilizing the Search Institute's Developmental Relationships model, ways to build protective factors and buffer risk factors through the essential elements of expressing care, challenging growth, providing support, sharing power, and expanding possibilities were taught.

Screenagers Documentaries: Under the Influence & Elementary Edition Virtual Screenings**Dates: December 6 - December 20, 2024****Attendance: 391**

The tech revolution has reshaped adolescence and its effects on substance use. This film debunks myths and depicts strategies parents and schools can use to encourage healthy decision-making, support teen mental health, set limits, and create healthy home environments. The film is grounded in teens' current reality of being flooded by images on social media, movies, and TV shows about vaping, drugs, and alcohol.

Elementary students, parents and educators are facing many challenging issues with technology (Ex. smartwatches in class, unhooking from and monitoring video gaming, social media pressures, exposure too young). Learn what research shows is a healthy amount of screen time & some solutions to these and other challenges.

Managing Technology in a Hyper Digital Age- Healthy Tech Starts in the Home**Date: January 22, 2025****Attendance: 77**

This session offered a framework for setting up technology in the home in the healthiest possible way.

Managing Technology in a Hyper Digital Age: Nuts & Bolts of Kids' Online Safety**Date: January 29, 2025****Attendance: 43**

Understanding the pitfalls of online activity. This session provided an in-depth exploration of the specific challenges children face online, including cyberbullying, digital drama, gaming, and social media.

Brain Science: The Foundation of It All**Date: February 28, 2025****Attendance: 58**

We begin to understand behavior differently when we: understand how the brain perceives and processes information, responds to stress, and can be regulated. This change in understanding will alter the way we greet, interact, correct, soothe, and teach others. Participants will left with a list of effective ways to help themselves and others regulate to increase the likelihood of positive relationships, effective learning, and decreased stress

Relax: It's Only a Crisis**Date: March 20, 2025****Attendance: 60**

Understanding how one's behavior can create or exacerbate a crisis is an essential step toward managing challenging situations. Participants learned how being a caregiver, foster child, or adoptive child impacts one's experience of crises and provides valuable insight into managing these unique challenges. Additionally, people developed a self-care plan and a daily routine to prevent or minimize stress which are critical strategies for maintaining emotional well-being and resilience.

Taking Care of Yourself, While Advocating for Others**Date: March 28, 2025****Attendance: 14**

Carol Hudgins Mitchell from Mindful Possibilities trained our family representatives on "Taking Care of Yourself, While Advocating for Others". She incorporated the Dan Siegel hand brain, having an attitude of gratitude, journaling techniques, practicing grounding exercises, and they all made a sugar scrub.

Marijuana: Hidden Risks, Trends, and Harm Reduction Strategies**Date: April 16, 2025****Attendance: 42**

A comprehensive review of marijuana including a description of the difference between THC (tetrahydrocannabinol) and CBD (cannabidiol). The toxicity of THC exposures and treatment for THC overdose was discussed as well as the differences in ingestion of edible THC versus inhaling THC. A review of current Poison Center data on THC exposures and trends was shared as well as discussion of harm reduction strategies to prevent accidental exposure to THC products.

Prevention to Recovery Forum

Date: April 16, 2025

Attendance: 75

The 7th Annual Prevention to Recovery Forum held time for participants to learn about community resources from local providers that support people along the road from prevention to treatment and recovery. It featured a panel of people with lived experiences.

Social Services Overview

Dates: April 29, May 6, May 13, 2025

Attendance: 30

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 23 of our local organizations.

Social Services Palooza: Building your Toolbox: Mental Health Basics and Practical Skills

Dates: May 2, 2025

Attendance: 125

With one in five Americans living with a mental health condition, and as many as one in three youth affected, it is more important than ever to focus on equipping helping professionals with the necessary skills to engage and serve individuals experiencing mental health challenges. This workshop provided practical skills for identifying and better understanding major mental health conditions. The content covered tools for fostering empathy, engagement, and making appropriate referrals, along with a closer examination of how to effectively care for individuals expressing suicidal thoughts.

Bad News Bombardment

Dates: May 14, 2025

Attendance: 84

Do you feel bombarded by a constant exposure to distressing information (global warming, news, politics, war)? Participants learned evidence-based techniques for reregulation, mindfulness, intentional information consumption, stress management, reframing, cognitive restructuring, media & technology limitations, and setting healthy boundaries to mitigate the impact of chronic stress and hyperarousal. Strategies were shared for professionals to use for themselves and their clients to navigate media exposure, manage distress effectively, and foster resilience in personal and professional settings. In collaboration with C3.

Respite: Creative Solutions Giving Families a Well-Deserved Break

Dates: May 22, 2025

Attendance: 42

Respite care provides relief for families who have children with complex and extra needs. These caregivers experience frequent strain that impacts their emotional and physical well-being. Children participating in respite also benefit from new experiences, socialization, fun and independence. Participants learned about a recent community respite survey and how to put the results into action with the Community Wraparound Team and Pause for Parents Play for Kids.

Mission Possible: Working with Parents with Mental Illness

Dates: May 30, 2025

Attendance: 55

When parents and caretakers experience mental illness, the entire family is affected. Participants learned to walk-a-mile in the shoes of a person who is struggling. Common symptoms of mental health conditions, including anxiety, depression, and personality

disorders were discussed with strategies to manage the complexities of challenging behaviors.

2025 Youth Summit

Dates: June 5, 2025

Attendance: 96

The annual youth summit held at Miami University this year. Youth got to select workshops that cater to their interests, ranging from peer leadership and mental health to fitness and content creation. There were multimedia activities, food and fun.