

The information in this calendar is CURRENT AS OF **03-01-24**

Classes are added throughout the year.

As the calendar is updated, it will be posted to our website

<https://www.mcadamhs.org/training/index.php>

REGISTRATION INFORMATION

When viewing this calendar in an electronic format, click on the date of the class you want to take and you will be redirected to the registration website.

Some classes have limited space, so register early. Participants **MUST** pre-register before attending. ***If you have not pre-registered, you will not be allowed to attend.***

Please see the full registration information on page 12.

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Contact for Questions:

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Senior Program Coordinator,
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Email:
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We offer educational experiences to a wide variety of audiences within the community and region.

Our skilled trainers are available to our provider agencies, businesses, faith institutions and the community.

To request a training at your location, please contact us!

Addiction/SUD

enCompass: A Comprehensive Training on Navigating Addiction



Did you know that in the United States, over 40 million people have an addiction? That's 1 in 7 people.

Addiction is a misunderstood disease that is frequently stigmatized in a way that other chronic diseases, such as diabetes and heart disease are not. This course includes in-depth, science-based information about substance use disorders and addiction, treatment options, communication strategies, self-care tips, and more. Leading researchers and physicians in the addiction field, as well as individuals in recovery and impacted family members also contributed to the development of this training.

What will you learn?

- How addiction affects the brain
- The signs and symptoms of addiction
- How to start the conversation
- Getting an assessment and treatment options
- How to set healthy boundaries
- How to access recovery support

Who should attend?

- Families, Friends, Caregivers
- Clergy
- Law Enforcement & First Responders
- Employers
- Educators
- Community Based Service Providers

Cost: \$20.00

Fees charged **will be refunded upon completion of the class**. Those registering but not attending, will not be refunded. Cancellations will be accepted and refunded up to 24 hours prior to the training. The refund will return to the original payment method within 5-7 business days. Please note that additional convenience fees are charged by the registration website and these are non-refundable.

CEUs: Ohio Counselor, Social Work, Chemical Dependency, Prevention

Date	Time	Location
Tuesday, March 12, 2024	9:00 am.—4:30 p.m.	ADAMHS
Thursday, June 27, 2024	9:00 am.—4:30 p.m.	ADAMHS

Responding to Addiction

This training is a shortened version of **enCompass, A Comprehensive Training on Navigating Addiction**. It provides an accurate overview of addiction, dispelling common myths and reducing stigma.

What will you learn?

- The Science of Addiction
- The Signs and Symptoms of Addiction
- Evidence-based Treatment Options
- Medications to Treat Addiction
- Engagement strategies

Cost: \$10.00

Fees charged **will be refunded upon completion of the class**. Those registering but not attending, will not be refunded. Cancellations will be accepted and refunded up to 24 hours prior to the training. The refund will return to the original payment method within 5-7 business days. Please note that additional convenience fees are charged by the registration website and these are non-refundable.

CEUs: Ohio Counselor, Social Work, Chemical Dependency, Prevention

Date	Time	Location
Wednesday, May 8, 2024	9:00 a.m.—11:30 a.m.	ADAMHS

Addiction/SUD

Substance Use Disorder 101



This training will provide a basic understanding of Substance Use Disorder (SUD). SUD is a treatable mental disorder that affects a person's brain and behavior, leading to their inability to control their use of substances like legal or illegal drugs, alcohol, or medications. This training will address and dispel common SUD myths, examine risk & protective factors for addiction, and discuss the most commonly used substances (alcohol, tobacco/nicotine, cannabis (marijuana), and opioids).

Designed for anyone in the community who wants to understand more about SUD including case workers, human services professionals, educators/school staff, faith community, employers, government agencies and more.

Cost: FREE

CEUs: Ohio Counselor, Social Worker,
Chemical Dependency, Prevention

Date	Time	Location
Thursday, June 20, 2024	9:00 a.m.—10:30 a.m.	VIRTUAL



presented by Gail Dafler, Goodwill Easter Seals of the Miami Valley

The mission of Generation Rx is to educate people of all ages about the potential dangers of misusing prescription medications. In doing so, we strive to enhance medication safety among our youth, college students, other adults in our communities, and older adults. Prescription medications can help us live longer and healthier lives, but any medication has the potential to do harm – especially when misused. This training will teach you how to properly and securely store medications, how to safely dispose of medication no longer needed, and much more.

Cost: FREE

CEUs: Ohio Counselor, Social Worker,
Chemical Dependency, Prevention

Date	Time	Location
Tuesday, April 23, 2024	1:30 p.m.—2:30 p.m.	VIRTUAL

STIGMA SURVEY

Montgomery County ADAMHS has been chosen as a pilot site for the national Anti-Stigma Initiative, a pilot program of the Addiction Policy Forum.



The survey linked below is part of a study conducted by the University of Delaware and the Addiction Policy Forum to measure addiction knowledge, confidence responding to a substance use disorder, and levels of stigma, including stereotypes, prejudice, and discrimination.

Individuals with a substance use disorder are often subject to harsh moral judgments and frequent discrimination. Research has found that individuals who experience stigma due to an SUD are more likely to continue engaging in substance use and manifest greater delayed treatment access and high rates of dropout.

Please take the brief survey below and share with **anyone that works, lives, or considers themselves part of the Montgomery County community.**

[Take the Community Perceptions Survey](#)

Clinical



Applying Ethics Across Diverse Populations

Presented by Dr. Adrienne L. Johnson, LPCC-S and Kelsey Scanlan, PhD, LPCC-S (OH), NCC, CCMHC

This interactive presentation will review ethical codes for Ohio Counselors and Social Workers, and will connect common ethical themes between the two helping professions. Presenters will include information on how navigate ethical decision making using experiential practice, and will include ethical applications with diverse populations.

Cost: FREE

CEUs: Ohio Social Worker & Counselor

Date	Time	Location
Monday, March 25, 2024	1:00 p.m.—4:30 p.m.	VIRTUAL

Motivational Interviewing Fundamentals (3 days)

Motivational Interviewing (MI) is an evidenced-based approach to create collaborative, goal oriented dialog with an individual to help them identify their readiness for positive changes within their own means. Along with being used as a clinical intervention for substance use and therapy, MI has been used in a wide-range of professions such as health care, corrections, and prevention.

Curriculum highlights include:

- Motivational Interviewing: The Science of Human Behavior Change
- Change conversations and the Spirit of MI
- Resistance Examined: Resistance-lowering techniques
- Engagement: Creating the partnership so critical for change
- Focus: What is the horizon? Setting up change targets, especially when your target is not shared



This course is highly interactive. You will need to be able to enter break out rooms and cameras are requested to be on so instructors are able to observe skills practice. Montgomery County Providers will be prioritized if seats become limited.

Cost: FREE

CEUs: Ohio Counselor, Social Work, Chemical Dependency, Prevention

Date	Time	Location
Monday, May 14 – Wednesday, May 16, 2024	8:30 a.m.—1:00 p.m. (all three days)	VIRTUAL



Motivational Interviewing: How to Engage for Change

Motivational Interviewing: How to Engage for Change, is a shortened version of the 3-day Motivational Interviewing Fundamentals. Appropriate for those who are new to motivational interviewing or looking to brush up on the topic, this session has been designed to focus on the importance of engagement skills in the change process. Attend this session and learn an evidenced-based approach to creating a collaborative, goal-oriented dialog with an individual to help increase their readiness for positive change.

- List the four elements of motivational interviewing spirit
- Define client ambivalence and client discrepancy and provide at least one reason why these conditions influence positive behavior change
- Demonstrate, in direct practice, four engagement skills - Open-ended questions, Affirmations, Reflections, and Summaries

Cost: FREE

CEUs: Ohio Counselor, Social Work, Chemical Dependency, Prevention

Date	Time	Location
Thursday, April 25, 2024	9:00 a.m.—12:00 p.m.	ADAMHS
Friday, June 7, 2024	1:00 p.m.—4:00 p.m.	ADAMHS

Community

Adult Protective Services Overview - Who, What, When, Where, How, and Why

presented by Charles Crutcher, APS Supervisor and Jessica Mallory, APS Specialist
Montgomery County Job & Family Services



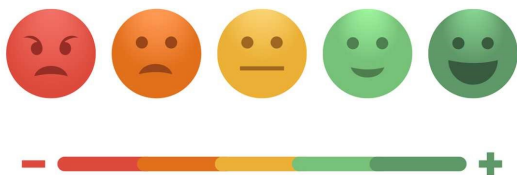
This presentation is a general overview of Adult Protective Services (APS) in Montgomery County, Ohio. APS works to protect our seniors from abuse, neglect, self-neglect and exploitation.

Topics discussed during this presentation are: signs of elder abuse, how to report, the role & goals of Adult Protective Services, and the guiding principles that impact service delivery to those at risk. The presenters will also provide clarification on common misconceptions of APS and will share both case examples and success stories.

Cost: FREE

CEUs: Ohio Counselor, Social Worker, Chemical Dependency, Prevention

Date	Time	Location
Thursday, April 25, 2024	1:00 p.m.—3:00 p.m.	ADAMHS



Crisis Management & De-escalation



Crisis Management and De-escalation will teach participants how to support someone who is experiencing a crisis. We will start with a foundational understanding of how a crisis develops, the brain in crisis, and discuss the threats and opportunities of crisis. We will also focus on

the mental preparation skills that can lead to effective intervention under stress. Participants will increase confidence in their ability to effectively intervene with those in extreme crisis by learning the skills of the Loss Model of De-escalation. Crisis Management and De-escalation is an essential skill for those who must display patience, empathy, compassion, and a genuine desire to help people in crisis. The training is designed for those who serve on the front line including public safety, first responders, health care providers, mental health professionals, crisis workers, and human service professionals.

Cost: FREE

CEUs: Ohio Counselor, Social Worker, Chemical Dependency, Prevention

Date	Time	Location
Thursday, April 30, 2024	1:00 p.m.—4:15 p.m.	ADAMHS



The Power of Words; how our language can help or hurt those with mental health or substance use disorders

Stigma associated with mental health and substance use disorders often prevents those who need help from seeking it out or sharing their story. Learn how our everyday language can support and empower others to be Stigma Free. We will share practical ways we can both demonstrate this and educate others.

Cost: FREE

CEUs: Ohio Counselor, Social Worker, Chemical Dependency, Prevention

Date	Time	Location
Thursday, April 18 2024	2:00 p.m.—4:00 p.m.	ADAMHS

Community—Working with Youth

Stewards of Children

Stewards of Children® is a trauma and evidence-informed training that teaches adults to prevent, recognize, and react responsibly to child sexual abuse. Through the lived experience of survivors and the testimony of experts, Stewards of Children teaches practical actions you can take to reduce instances of child sexual abuse in your organization, family, and community.



Cost: \$10.00

Fees charged **will be refunded upon completion of the class.** Those registering but not attending, will not be refunded. Cancellations will be accepted and refunded up to 24 hours prior to the training. The refund will return to the original payment method within 5-7 business days. Please note that additional convenience fees are charged by the registration website and these are non-refundable.

CEUs: Ohio Counselor, Social Worker, Chemical Dependency, Prevention

Date	Time	Location
Friday, March 22, 2024	9:00 a.m.—11:30 a.m.	ADAMHS
Wednesday, April 10 2024	9:00 a.m.—11:30 a.m.	ADAMHS



Child Abuse: Identifying, Responding, and Preventing

Presented by staff from Dayton Children's Hospital

During this training attendees will learn about the four major categories of maltreatment; physical abuse, sexual abuse, psychological maltreatment, and neglect. Each of these areas will be covered in detail including warning signs, red flags, behavioral indicators, and risk factors. Participants will also learn about their role as a mandated reporter and how to make reports appropriately to fulfill this mandate.

This training is valuable to any adult including parents, caregivers, advocates, mentors, staff and volunteers of child and family serving organizations (including churches, child care, schools, sports clubs and leagues).

Cost: FREE

CEUs: Ohio Counselor, Social Worker, Chemical Dependency Counselor, and Prevention

Date	Time	Location
Wednesday, April 17, 2024	1:00 p.m.—4:00 p.m.	VIRTUAL

PAX Tools Simple Strategies for Teaching Kids Behavior

PAX Tools is a collection of evidence-based, trauma-informed strategies to improve cooperation and self-regulation with youth. PAX Tools draws on decades of science to create strategies that support parents, youth workers, and other caring adults to create a nurturing environment that ultimately helps kids thrive!



Children can benefit from explicit teaching of behavioral skills, just like with tying shoes and math problems. Behavior is adopted when it is useful and reinforced. PAX Tools will give participants 9 tools they can use right away to help teach young people positive behaviors and reinforce the repetition of those behaviors.

Cost: Free

CEUs: Ohio Counselor, Social Worker, Prevention

Date	Time	Location
Thursday, March 28, 2024	1:00 p.m.—4:15 p.m.	ADAMHS
Tuesday, June 25, 2024	1:00 p.m.—4:15 p.m.	ADAMHS



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. Learn the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

WHAT IT COVERS • Common signs and symptoms of mental illness. • Common signs and symptoms of substance use. • How to interact with a person in crisis. • How to connect the person with help.

ADULT For those who primarily interact with adults.	YOUTH For those who primarily interact with children and adolescents (ages 6-18).
<u>Tuesday, May 21, 2024</u> 9:00 a.m. – 4:00 p.m. BLENDED (see below for requirements) Location: ADAMHS	<u>Thursday, April 4, 2024</u> 9:00 a.m.—3:00 p.m. BLENDED (see below for requirements) Location: ADAMHS
<u>Thursday, June 6, 2024</u> 9:00 a.m. – 4:00 p.m. BLENDED (see below for requirements) Location: ADAMHS	<u>Wednesday, June 5, 2024</u> 9:00 a.m.—3:00 p.m. BLENDED (see below for requirements) Location: ADAMHS

COURSE REQUIREMENTS:

- **Virtual** classes are instructor led via Zoom (after completion of a 2-hour online prework assignment) on the date listed. This is a certification course, so you will be required to use a device with a webcam and microphone and both must work and be on during the entire training. Only those who complete the online pre-work will be allowed to attend.
- **Blended** classes take place in person on the date listed after the completion of the 2-hour online pre-work. Only those who complete the online pre-work will be allowed to attend.
- **In Person** classes take place in person but have no required pre-work. Attendees must set up a profile in the Learning Management System prior to class so that they can access the final quiz and their certification.

**Montgomery County, Ohio residents (or those working in the county) and those in the surrounding area will be given preference. If you are from outside this area you can find classes near you here:

<https://www.mentalhealthfirstaid.org/>

CERTIFICATIONS & CONTINUING EDUCATION: Participants that complete the full course will secure a three-year certification. CEUs are available for Counselor, Social Worker, Chemical Dependency, and Prevention.

Cost: \$20.00

Fees charged will be refunded upon completion of the class. Those registering but not attending (including those who do not complete the required pre-work), will not be refunded. Cancellations will be accepted and refunded up to 24 hours prior to the training. The refund will return to the original payment method within 5-7 business days. Please note that additional convenience fees are charged by the registration website and these are non-refundable.

Prevention

SBIRT Academy



SBIRT (Screening, Brief Intervention, and Referral to Treatment) is an evidence-based, comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use and behavioral health concerns. Focusing on implementation in schools, this highly interactive training introduces the skills and information needed to provide SBIRT services in a prevention focused way. The SBIRT model and skills discussed in this training can also be used to help guide referral and identification efforts for prevention providers.

Cost: FREE

CEUs: Ohio Counselor, Social Worker, Chemical Dependency Counselor, and Prevention

Date	Time	Location
Friday, June 28, 2024	9:00 a.m.—3:00 p.m.	ADAMHS

Minimize Risk—Maximize Life



NEW

Learn How Alcohol Can Impact Adult Health & Wellness

This course focuses on low-risk adult alcohol use and prevention. The curriculum gives simple, straight forward information regarding media literacy, Standard Drink Guidelines, and the impact of alcohol on health and wellness. You will learn how media images and marketing impact sales and use of alcohol, dispel common myths about drinking culture, factors that influence alcohol's impact, low-risk drinking guidelines, and more.

Cost: FREE

CEUs: Ohio Counselor, Social Worker, Chemical Dependency Counselor, and Prevention

Date	Time	Location
Tuesday, April 30, 2024	2:00 p.m.—4:00 p.m.	VIRTUAL
Thursday, June 13, 2024	2:00 p.m.—4:00 p.m.	ADAMHS

Montgomery County Prevention Coalition New Member Orientation



The Montgomery County Prevention Coalition (MCPC) is a group made up of over 250 active volunteers that come together from diverse backgrounds, experiences, and expertise. Volunteers work to promote mental health, reduce substance use, break stigmas, and help create a better community for all.

- All community members and those working in Montgomery County are welcome to join
- Committee topics include substance use prevention, suicide prevention, self-care and more
- Committees typically meet once a month, Full Coalition meets every other month

Can't make it but want to learn more? Check us out at <https://www.preventionmc.org/>

We are better and stronger when we work together!

Date	Time	Location
Thursday, March 21, 2024	5:30 p.m.—7:00 p.m.	VIRTUAL
Wednesday, May 22, 2024	12:00 p.m.—1:30 p.m.	ADAMHS

Cost: Free

CEUs: CEUs are not available for this session

Resilience



You Can't Pour from an Empty Cup: Taking Care of Yourself While Caring for Others

Self-care is about taking care of your mind and body, so you feel less stressed and more balanced. This training will help you identify the causes and symptoms of stress so you can reduce them, maintaining a healthful life balance and nurturing your physical and mental well-being. Treat yourself as compassionately as you do others by identifying your needs and taking the necessary steps to meet them. Those attending will be provided an opportunity to identify and evaluate their own self-care strategies, select specific activities from a variety of options, and create a personalized self-care plan.

Cost: Free

CEUs: Ohio Counselor, Social Work, Chemical Dependency, Prevention

Date	Time	Location
Wednesday, April 24, 2024	9:00 a.m.—11:00 a.m.	ADAMHS

Deepen Your Resilience with the Social Resilience Model

We all have the capacity to become more resilient; to weather coming storms, to survive difficult times. This capacity can be enhanced, reinforced, and strengthened through the use of the Social Resilience Model. SRM is a neurobiologically oriented set of skills designed to teach practical ways to stabilize the human nervous system, build resilience, and reduce and/or prevent the symptoms of stress, distress, and trauma.



During this presentation we will share skills you can use every day to help you recognize stress in your body and use Grounding and Resourcing to expand your Resilience Zone.

Cost: FREE

CEUs: Ohio Counselor, Social Work, Chemical Dependency, Prevention

Date	Time	Location
Wednesday, May 22, 2024	2:00 p.m.—4:00 p.m.	ADAMHS



Heartfulness Meditation Series

Presented by: Uma Mallapudi, Heartfulness Program Director

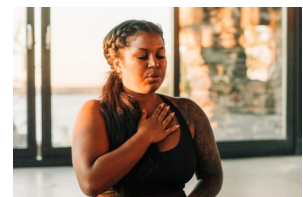
As professionals, we are often caught up in the non-stop chaos of everyday work life. This makes it difficult to simply relax. Just as we strengthen our muscles with physical exercise, meditation builds our inner strength.

Meditation can increase focus, improve memory, reduce repeating, looping thoughts, allow for greater emotional control and improve job satisfaction.

Please join us for this five week series that will include guided meditation sessions, suggestions and techniques to deepen your understanding of the practice of meditation and the art of living consciously. No experience is necessary and all abilities are welcome.

Cost: FREE

CEUs: CEUs are not available for these sessions



Topic	Date	Time	Location
Introduction to the Heartfulness Way	Thursday, April 11, 2024	2:00 p.m.—4:00 p.m.	ADAMHS
Techniques of Meditation	Wednesday, April 24, 2024	2:00 p.m.—4:00 p.m.	ADAMHS
Cleansing Techniques	Wednesday, May 8, 2024	2:00 p.m.—4:00 p.m.	ADAMHS
Anger Detox Techniques	Monday, May 20, 2024	2:00 p.m.—4:00 p.m.	ADAMHS
Fear Detox Techniques	Monday, June 3, 2024	2:00 p.m.—4:00 p.m.	ADAMHS

Taking Care: Resilience for the Self

Presented by Sarah Buffie, Soul Bird Consulting



In this session participants will grow in their understanding of nourishing their own resilience. Together we will engage in activities that integrate the mind and the body. The experiential nature of the session will invite introspection as well as connection with others as a way to foster nourishment and well-being.

Cost: FREE

CEUs: Ohio Counselor, Social Worker, Chemical Dependency, Prevention, Ohio Department of Developmental Disabilities (Adult Services, SSA, IA, Superintendent)

Date	Time	Location
Tuesday, April 23, 2024	9:00 a.m.—12:00 p.m.	VIRTUAL

The 7 C's of Resilience

Dr Ginsburg, child pediatrician and human development expert, proposes that there are 7 integral and interrelated components that make up being resilient – competence, confidence, connection, character, contribution, coping and control.

1. **Competence** – is the ability to know how to handle stressful situations effectively. It requires having the skills to face challenges, and having had the opportunity to practice using these skills so that one feels competent in dealing with situations.
2. **Confidence** – is the belief in one's own abilities and is rooted in competence. Children gain confidence by being able to demonstrate their competence in real situations. When children are noticed for their strengths, watch them soar high and be self-motivated to overcome their challenges.
3. **Connection** – children with close ties to friends, family, and community groups are likely to have a stronger sense of security and sense of belonging. These children are more likely to have strong values and are less likely to seek out alternative destructive behaviors. Help foster a sense of belonging and discuss ways your children can strengthen their ties by being a good friend, a caring family member, and an important community member.
4. **Character** – children with “character” enjoy a strong sense of self-worth and confidence. They are in touch with their values and are comfortable sticking to them. They can demonstrate a caring attitude towards others. They have a strong sense of right and wrong and are prepared to make wise choices and contribute to the world. By teaching skills of empathy and caring for others, our youth are empowered to recognize that they have the ability to make choices and that they can make “wise” choices towards their values rather than away from their values.
5. **Contribution** – if children can experience personally contributing to the world, they can learn the powerful lesson that the world is a better place because they are in it. Hearing the thank you's and appreciation when your child contributes, will increase their willingness to take actions and make choices that improve the world, thereby enhancing their own competence, character, and sense of connection. Make time for your child to explore how they can contribute and matter in this world by finding projects that your family can do together in order to experience the power of contributing.
6. **Coping** – children who have a wide repertoire of coping skills (social skills, stress reduction skills) are able to cope more effectively and are better prepared to overcome life's challenges. Teach your children both stress-reduction skills and social skills for coping with everyday life stresses.
7. **Control** – when children realize that they have control over their decisions and actions, they are more likely to know how to make choices in a way that they can bounce back from life's challenges. Provide children a sense that they have choices – on how they wish to think and act, and that they can determine results based on these choices.

Written by Dr Karen Gallaty – clinical and principal psychologist at the CBT Professionals Psychology Clinic. Read the original post here: [CBT Professional Blog](#)

Social Equity/Diversity

NEW

Changing the Odds for Health Equity; Does Your Zip Code Matter?

Presented by Dr. Anthony Iton, MD



In 2013, when Forbes magazine listed the top ten healthcare quotes, the number one quote was attributed to Dr. Anthony Iton: "When it comes to health, your zip code matters more than your genetic code." This brief presentation will address some of the data and evidence behind that quote by exploring the strength of the relationship between life expectancy and neighborhood. Using hundreds of thousands of death certificates, GIS mapping and other simple data analyses, a profile of life expectancy by neighborhood in seven different cities and regions will be presented. The implications for U.S. health spending and population health management will be discussed and a model for understanding the social determinants of health will also be presented.

About the presenter: Tony Iton is Senior Vice President for Programs & Partnerships at The California Endowment, a private, statewide health foundation whose mission is to expand access to affordable, quality health care for underserved individuals and communities, and to promote fundamental improvements in the health status. Dr. Iton's primary interest is the health of disadvantaged populations and the contributions of race, class, wealth, education, geography, and employment to health status. He has asserted that in every public health area of endeavor, be it immunizations, chronic disease, HIV/AIDS, STDs, obesity, or even disaster preparedness, public health practitioners must recognize that they are confronted with the enduring consequences of structural poverty, institutional racism and other forms of systemic injustice.

Cost: FREE

CEUs: CEUs are not available for this session

Date	Time	Location
Wednesday, March 27, 2024	4:00 p.m.—5:00 p.m.	VIRTUAL

Cultural Humility

Cultural Humility is the ability to maintain an interpersonal stance that is other-oriented (or open to the other) in relation to aspects of cultural identity that are most important to the person. This training will take you on a journey of understanding how to apply cultural competency to a different level and recognizing it as a lifelong commitment in learning about other cultures.



Cost: FREE

CEUs: Ohio Counselor, Social Work, Chemical Dependency Counselor, & Prevention

Date	Time	Location
Thursday, May 23, 2024	10:00 a.m.—12:00 p.m.	ADAMHS

NEW

Generational Differences

Presented by staff from The National Conference for Community & Justice of Greater Dayton



No matter your age, we all have something to contribute. Our generational differences workshop helps prepare employees and leaders to manage diversity in the workplace. Using interactive activities, we focus on cultural factors that have helped shape a generation, and how to move beyond our unconscious biases so that we can connect between the ages.

Cost: FREE

CEUs: CEUs are not available for this session, but we will be submitting for them

Date	Time	Location
Friday, June 7, 2024	9:00 a.m.—11:00 a.m.	ADAMHS

Social Equity/Diversity

Implicit Bias

Presented by Dr. Chenelle Jones, Jones Advantage, LLC

Our experiences shape who we are, and multiple factors including race, ethnicity, gender, height, weight, sexual orientation, and birthplace, impact the lens in which we view the world. During the implicit bias workshop, Dr. Chenelle Jones will introduce attendees to definitions and concepts centered on diversity, equity, inclusion and belonging. She will then build upon those definitions to provide an overview of implicit and explicit biases.



The ultimate goal of this workshop is to help attendees understand the impact of bias, while simultaneously providing actionable steps for minimizing its influence on personal and professional interactions. Additionally, attendees will be provided with tools to better embrace diversity, address personal biases, and co-create an environment of belonging.

Cost: FREE

CEUs: Ohio Counselor, Social Work, Chemical Dependency Counselor, & Prevention

Date	Time	Location
Monday, April 22 2024	8:00 a.m.—4:00 p.m.	ADAMHS



Injustice By Design

Presented by Dr. Chenelle Jones, Jones Advantage, LLC



Structural racism refers to the public and private policies, institutional practices, cultural norms and mechanisms that contribute to inequality as defined by unequal freedom, opportunity, value, resources, advantage, restrictions, and/or social constraints. Structural racism is often interwoven throughout communities and contributes to societal inequalities in housing, economic development, food access, health care, environmental stability, education, and public safety. Recognizing this, there is a need to better understand how different elements of structural racism work together to perpetuate injustices in laws, policies, and practices that impact people on a daily basis. The purpose of this **2-part**, interactive workshop is to explore the sources and mechanisms through which structural racism operates, how it contributes to inequality, and how to mitigate its impact. Dr. Chenelle Jones will not only provide insights into known sources of structural racism and models of health equity, she will also go beyond these to discuss the impact of urban development on communities of color.

Cost: FREE

CEUs: Ohio Counselor, Social Work, Chemical Dependency Counselor, & Prevention

	Date	Time	Location
Part 1	Monday, June 3, 2024	8:00 a.m.—5:00 p.m.	ADAMHS
Part 2	Monday, June 10, 2024	8:00 a.m.—5:00 p.m.	ADAMHS



Is Gender the New Gay? And Other Q+ Matters Found in School Settings

Presented by staff from Public Health Dayton-Montgomery County



LGBTQ+ youth, according to multiple sources, consistently and disproportionately experience marginalization and health inequities at higher rates as compared to their cis/het counterparts. In fact, Q+ youth identify 4x higher ACEs and rates of attempting suicide among Q+ teens is more than twice the rate among all US teens. When adding other identities such as race, ethnicity, abilities, and socio-economic factors, health disparity's data increases even more. How do we effect the societal and relationship challenges that Q+ young people and their families face so that trauma-informed care and resiliency building skills can be eclipsed by thriving? We will explore strategies, frameworks, and approaches for including Q+ youth in curricula, classroom, and community programming so a new narrative of thriving can be achieved.

Cost: FREE

CEUs: Ohio Counselor, Social Work, Chemical Dependency, Prevention

Date	Time	Location
Tuesday, June 25, 2024	9:00 a.m.—12:00 p.m.	ADAMHS

Social Equity/Diversity



Microaggressions; Not So Micro

Presented by the National Conference for Community & Justice of Greater Dayton

Have you ever had someone say something to you and later realized that the comment was hurtful? If so, then you may have been the recipient of a microaggression. Those subtle, sometimes unconscious comments that can build up and have a huge impact on our life. If so, then this workshop is for you. Through this interactive and engaging workshop, participants gain an understanding of what microaggressions are, how they impact a person and ways that they can support someone and educate the individual making the microaggression.

Cost: FREE

CEUs: Ohio Counselor, Social Work, Chemical Dependency, and Prevention

Date	Time	Location
Monday, April 8 2024	9:00 a.m.—11:00 a.m.	ADAMHS



Race, Class & Gender Simulation

Presented by the National Conference for Community & Justice of Greater Dayton



This workshop uses experiential activities to bring about learning opportunities. Participants will journey through interactive activities, small group discussions and deep dialogue to help them understand the impact and intersections of race, class and gender. Participants will gain an understanding of social inequality as experienced by members of multiple social groups, and/or their intersection, at the individual, group and structural level.

Cost: \$20.00

Fees charged **will be refunded upon completion of the class.** Those registering but not attending, will not be refunded. Cancellations will be accepted and refunded up to 24 hours prior to the training. The refund will return to the original payment method within 5-7 business days. Please note that additional convenience fees are charged by the registration website and these are non-refundable.

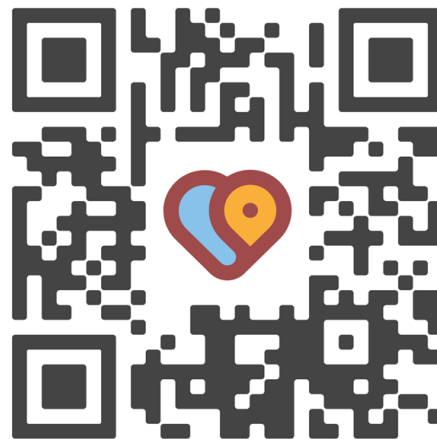
CEUs: CEUs are not available for this session, but we will be submitting for them

Date	Time	Location
Friday, May 3, 2024	9:00 a.m.—4:00 p.m.	ADAMHS



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& substance use

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Suicide Prevention

QPR Gatekeeper (Suicide Prevention)



QPR is a nationally recognized and evidence-based suicide prevention model where organizations, businesses and everyday individuals can learn the needed skills to recognize and intervene when someone is showing signs of a suicidal crisis. QPR stands for **Question, Persuade, and Refer** — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR can help save a life, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

After this session you will be able to:

- Recognize and identify suicide warning signs
- Learn the three step QPR process; ask about potential suicidal intent, listen and persuade someone to get help, and make a referral for professional assistance

Cost: \$10.00

Fees charged **will be refunded upon completion of the class**. Those registering but not attending, will not be refunded. Cancellations will be accepted and refunded up to 24 hours prior to the training. The refund will return to the original payment method within 5-7 business days. Please note that additional convenience fees are charged by the registration website and these are non-refundable.

CEUs: Ohio Counselor, Social Worker, Chemical Dependency, Prevention

Date	Time	Location
Wednesday, March 27, 2024	2:00 p.m.—4:00 p.m.	ADAMHS
Wednesday, May 22, 2024	5:00 p.m.—7:00 p.m.	VIRTUAL



safeTALK

Presented by Drew Aquino, LivingWorks



Most people with thoughts of suicide don't want to die—instead, they are looking for a way to work through the pain in their lives. Through their words and actions, they usually invite others to help them in making a choice for life. safeTALK teaches participants to recognize these invitations, engage with the person with thoughts of suicide, and connect them with resources to help them be safer from suicide. These resources could include health care professionals, first responders, or crisis line workers—among many others who have suicide intervention training.

Cost: FREE

CEUs: Ohio Counselor, Social Worker Chemical Dependency, Prevention

Date	Time	Location
Friday, April 19, 2024	9:00 a.m.—1:00 p.m.	ADAMHS



The Columbia Protocol — Suicide Severity Rating Scale

Presented by The Columbia Lighthouse Project



THE COLUMBIA
LIGHTHOUSE
PROJECT
IDENTIFY RISK. PREVENT SUICIDE.

The Columbia-Suicide Severity Rating Scale (C-SSRS) is now widely recognized as a gold-standard, innovative suicide risk screening tool & has been implemented in many systems with tremendous benefit. Evaluation in hospital-based psychiatric emergency departments when it is not necessary is costly, sometimes traumatic, and may be less effective in routing people into ongoing care. This workshop will review the development of the C-SSRS and its administration. Participants will learn how to administer the full and screening versions of the tool, how to customize the tool and how to interpret results. Population-specific editions will also be reviewed (very young children, military, etc.). Training will include didactic, video demonstration and role play training techniques.

Cost: FREE

CEUs: Ohio Counselor, Social Worker Chemical Dependency, Prevention

Date	Time	Location
Monday, April 29, 2024	9:00 a.m.—1:00 p.m.	VIRTUAL

Trauma Informed Approaches



Trauma 101

A basic understanding of the impact of psychological trauma helps in a broad array of interventions and treatment. This training provides a foundational overview and awareness of trauma, resilience, and trauma-informed care for anyone in the community who interacts with individuals and families who may have experienced trauma, including case managers, human services professionals, educators/school administrators, the faith community, employers, government agencies, and others.

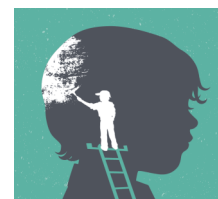
Cost: FREE

CEUs: Ohio Counselors and Social Workers

Date	Time	Location
Wednesday, April 17, 2024	9:00 a.m.—12:00 p.m.	ADAMHS

Trauma 101: The Basics of a Trauma Informed Approach in a School/Youth Setting

Building on the foundational overview and awareness of trauma covered in Trauma 101, this training focuses on the effects on young people, and how those working with youth can design an environment that is trauma-informed. Not only will you increase your awareness of trauma and its prevalence, you will be able to identify practical ways to create a Trauma-Informed youth program including: recognizing the 4 causes of behavior, skills that increase & decrease in a crisis, creating a culture of positive, encouraging relationships, and teaching Distress Tolerance skills.



Cost: FREE

CEUs: Ohio Counselor, Social Work, Chemical Dependency, Prevention

Date	Time	Location
Wednesday, May 1, 2024	9:00 a.m.—12:15 p.m.	ADAMHS



Brain Architecture Game

Did you know that 90% of your brain's development occurs before age five? Our experiences, good and bad, supportive or traumatic, drastically impact every aspect of our lives, from personal interactions to professional aspirations. The Brain Architecture Game is a hands-on, group activity that reveals how and why some children may struggle where others excel. You'll see—with your own eyes—how early interventions and support by caregivers and communities can help kids

develop positive coping skills to buffer the effects of negative experiences.

Cost: Free

CEUs: CEUs are not available for this session.

Date	Time	Location
Wednesday, March 13, 2024	2:00 p.m.—4:00 p.m.	ADAMHS
Wednesday, June 26, 2024	9:00 a.m.—11:00 a.m.	ADAMHS

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REGISTRATION INFORMATION

When viewing this calendar in an electronic format, click on the date of the class you want to take and you will be redirected to the registration website.

Some classes have limited space, so register early.

Dates, times and locations of training (including a switch from in person to virtual) are subject to change. Those registered will be notified by email of any change at least 24 hours before the session.

If CEUs are available they are noted along with the description and any cost.

In Person classes: Participants MUST pre-register before attending. If you have not pre-registered, you will not be allowed to attend.

Those attending in person will receive parking instructions in their confirmation email.

Classes start and end on time. To ensure a quality experience for all participants, please arrive at least 10-15 minutes prior to the class start time to sign in and find a seat.

Virtual classes: Participants MUST pre-register to receive the link to join. Please log in 5-10 minutes prior to the class to ensure your technology and connection are working.

In order to ethically provide CEUs during virtual classes, we use a platform that generates attendance time reports. We are ethically bound to report the accumulated amount of time a participant attended, therefore we cannot issue CEUs to individuals:

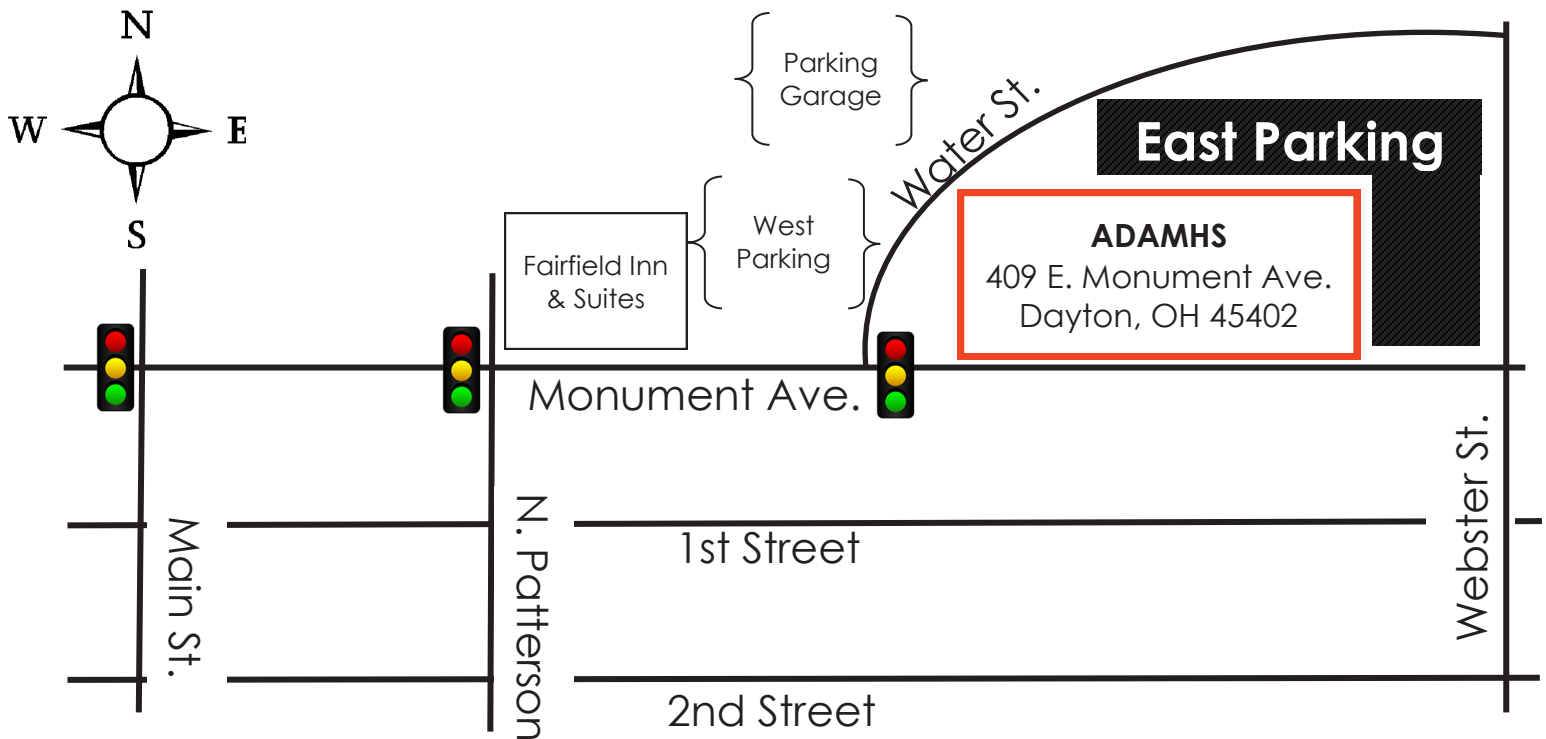
- sharing a monitor, computer, and/or login
- failing to ensure their name label includes their first and last name
- joining by phone
- missing more than 10 minutes of a training that is 60 minutes in length

CEUs will be adjusted to the nearest quarter hour to reflect the amount of time present for sessions over 60 minutes.

By registering and attending one of our classes, you acknowledge and agree that your photo may be taken and used by Montgomery County ADAMHS. If you do not agree to have your photo used, you must contact bketron@mcadamhs.org prior to the class.

If you require reasonable accommodation to participate in a training session, please contact bketron@mcadamhs.org prior to the class.

DIRECTIONS AND PARKING



Training locations:

ADAMHS — Montgomery County ADAMHS — Suite 201 (2nd floor), 409 E. Monument Ave, Dayton, OH 45402

see parking information below

Board Room—Montgomery County ADAMHS—Suite 102A, 409 E. Monument Ave, Dayton, OH 45402

see parking information below

Virtual—virtual sessions are generally held on Zoom . Instructions and links to join the training can be found in the Eventbrite confirmation email you will receive after registering, under “Additional Information”.

Hybrid—tickets will be available for either IN PERSON or VIRTUAL attendance.

Parking - PLEASE PRINT YOUR EVENTBRITE TICKET

When arriving, please park in the EAST parking lot (this is the lot connected to the building). Please note that some spaces are reserved for tenants of the building and you should not use those spaces. If possible, please leave the marked visitor spots open.

You **MUST** print your Eventbrite ticket and place it on your dashboard to use as a temporary parking pass. Those parking in the lot without the Eventbrite ticket displayed or a tenant parking pass may be fined or towed at the owner's expense.

Parking is also available in the West lot, or the parking garage located at 405 Water Street. Parking in these locations require you to pay a parking fee at your own expense (ADAMHS cannot validate parking).