



Stanford Sierra
Youth & Families

Empowerment

TRAINING CENTER

Community Resource Training Menu

Cultural Competency (1.5 Hours) 1 Trainer

- This introductory training on cultural competency provides an overview of cultural diversity and discusses various issues of diversity. This training is not exhaustive; however, it will provide participants with the fundamental tools that will enable participants to interact with others of diverse cultures and effectively perform job responsibilities.

Understanding Peer Supportive and Recovery Oriented Services (1.5 Hours) 1 Trainer

- This training explores the strategies for success at incorporating the peer workforce and the critical role that organizational culture plays in this transformation of care.

Motivational Interviewing and Assertive Communication Skills (1.5 Hours) 1 Trainer

- Motivational Interviewing (MI) is a way of communicating that draws out people's own thoughts and beliefs in order to help them resolve ambivalence about change. In this training, participants will learn about the Motivational Interviewing approach to helping people discover their own desire and ability to make difficult changes. In addition to examining the underlying spirit of MI, participants will learn specific skills and techniques that will support the MI processes of engaging, focusing, evoking, and planning with clients as they discover their own reasons for change.

Self-Care (1.5 Hours) 1 Trainer

- This training provides participants with an overview on how to increase provider resiliency and provides examples of how organizations and individuals can implement strategies that promote self-care, reduce compassion fatigue and burnout, and maintain high quality ethical practice.

Family Centered Practices (1.5 Hours) 1 Trainer

- This training addresses key elements of family-centered practice and provides overarching strategies for family-centered casework practice across child welfare service systems that focus on strengths, engage families and involve them in decision-making, advocate for improving families' conditions, and engage communities to support families. Strategies for creating a family-centered agency culture are also addressed.

Suicide Prevention (1.5 Hours) 1 Trainer

- This training examines community-based suicide prevention approaches that mitigate individual risk factors and support a comprehensive approach. Note: This course focuses specifically on upstream interventions from a public health model that are designed to reduce suicide risk. It does not focus on screening, assessment, or interventions with suicidal individuals who may already be at heightened risk.

Crisis Intervention for Families (1.5 Hours) 1 Trainer

- Designed to prevent crisis from occurring, deescalate potential crisis, and effectively manage acute crisis phases.

Family Seeing (1.5 Hours) 1 Trainer

- This training provides an orientation to family seeing values and principles related to youth in care and maintaining and building upon their connections to their natural support network. The training is designed to assist participants in their efforts to implement family seeing and also provides interactive and supportive case specific consultations designed to address obstacles and challenges unique to each case, community, and agency.



Community Resource Training Menu Cont.

Parent & Youth Engagement (1.5 Hours) 1 Trainer

- Engaging youth and families in the casework process promotes the safety, permanency, and well-being of children and families in the child welfare system and is central to successful practice. This training provides an overview of the foundational elements of the family engagement approach, followed by strategies and promising practices for implementing this approach at the case level, peer level, and systems level.

Trauma Informed Care and Support (1.5 Hours) 1 Trainer

- This training discusses trauma-informed care and its key components. Participants will learn about the basic assumptions of trauma-informed care and the principles behind trauma-informed care.

Engaging Families in Strength Based Practice (1.5 Hours) 1 Trainer

- In this training, participants will gain an understanding of the core concepts of the strength-based perspective, as well as the importance of the language incorporated into everyday work. This training is appropriate for any paraprofessional working in the field of children's services. Interactive exercises and real-life case vignettes, along with specific tools will help guide participant's assessments and interventions, thereby improving individual's approach to helping others.

Understanding Education needs for Youth in Care (1.5 Hours) 1 Trainer

- Designed to promote increased partnership between family members and treatment/school/community providers. Informs parents and caregivers about coping with grief and loss, brain development and medication, and children's mental health diagnosis. Special education services and access to other services in the community.

Understanding Adverse Childhood Experiences Study (1.5 Hours) 1 Trainer

- In this training, participants will explore, identify, and expand a thorough understanding of the Adverse Childhood Experiences study and how it can be utilized to promote a healthy life trajectory for our youth and families.

LGBTQ+ Advocacy (1.5 Hours) 1 Trainer

- This training is designed to bring awareness and build knowledge and skills around the LGBTQ+ community and how adults and caregivers can be an active ally and support to youth and community members who identify within this community.

Courageous Conversations: Actively Practicing Anti-Racism (1.5 Hours) 1 Trainer

- This training will bring awareness and highlight practices that are essential to work against historically racist practices within our communities that affect the youth and families we serve every day.

About Us

Stanford Sierra Youth & Families' Empowerment Training Center provides support and professional development opportunities to employees, volunteers, schools, families, and consumers within the Public Mental Health Services community, as they provide peer-to-peer support to others. The Center's training programs include wellness and resiliency principles, instill hope, encourage self leadership techniques, and are culturally competent. The Training Center utilizes the principles of Family Centered Practices.

What We Do

The Empowerment Training Center's purpose is to provide innovative learning opportunities that emphasize a multitude of learning objectives for individuals seeking professional development and growth opportunities.