

# Trainings & Workshops

## Trainings Offering Social Work CE Credits

Introduction to Trauma and Trauma-Informed Care (2 hr)

Overcoming Adversity and Building Resilience (2 hr)

Trauma-Informed Strategies (2 hr)

The Impact of Trauma Exposure on Professionals (1.5 hr)

Trauma-Informed Supervision (1.5 hr)

## Trainings Not Offering CE Credits

Stewards of Children (2.5 hr)

Pushout Film Screening and Discussion (2 hr)

Brain Architecture Game (1.5 hr)

Cultivating Authentic Community Engagement (1.5 hr)

The Importance of Building Long-Lasting Relationships on the Road to Self-Sustainability (1.5 hr)

Mandated Reporting (1.5 hr)

Playing for Keeps Film Screening and Discussion (1.5 hr)

Resilience Film Screening and Discussion (1.5 hr)

Self-Care & Wellness (1.5 hr)

Social and Emotional Health in Early Childhood Development (1.5 hr)

Collective Impact: The Role of Individuals and Systems in Developing Resilient Communities (1 hr)

EveryDay Strong (1 hr)

The Power of Play in Parenting (1 hr)



# Descriptions



## Trainings Offering Social Work CE Credits

### Introduction to Trauma and Trauma-Informed Care (2 hr)

- This training provides foundational learning around the topics of trauma and trauma-informed care. We will define trauma, discuss the many types of trauma/adversity, explore the impact of trauma on the brain and behavior, introduce resilience, and discuss SAMHSA's 4 Rs of trauma-informed care. *This program is approved by the National Association of Social Workers (Approval 886921848-6276) for 2 continuing education contact hours.* \*

### Overcoming Adversity and Building Resilience (2 hr)

- This training will provide a brief overview of trauma and its impacts as well as introduce the 7 Cs of building resilience. Participants will learn about adverse and positive childhood experiences as well as strategies for building individual and community resilience. *This program is approved by the National Association of Social Workers (Approval 886921848-7419) for 2 continuing education contact hours.*

### Trauma-Informed Strategies (2 hr)

- This training introduces the 6 Principles of a Trauma-Informed Approach. Using these principles, participants will learn strategies for creating physical & psychological safety, developing collaborative & supportive relationships, empowering others through voice & choice, and addressing systems of oppression. *This program is approved by the National Association of Social Workers (Approval 886921848-8319) for 2 continuing education contact hours.*

### The Impact of Trauma Exposure on Professionals (1.5 hr)

- This training will help participants identify symptoms and warning signs of traumatic stress as well as learn the differences between three common trauma exposure responses: secondary traumatic stress, compassion fatigue, and burnout. We will discuss strategies for responding to trauma exposure and provide resources that professionals can use to mitigate the impact of trauma exposure and improve wellness. *This program is approved by the National Association of Social Workers (Approval 886921848-9702) for 1.5 continuing education contact hours.*

### Trauma-Informed Supervision (1.5 hr)

- Trauma-informed supervision explores the role of a supervisor in supervision, how to create a psychologically safe supervisory environment, and how to identify and offer support to staff experiencing vicarious trauma. *This program is approved by the National Association of Social Workers (Approval 886921848-9323 ) for 1.5 continuing education contact hours.*

# Trainings Not Offering CE Credits

## Stewards of Children (2.5 hr)

- *Stewards of Children*® is an evidence-informed, award-winning two and a half hour training that teaches adults to prevent, recognize, and react responsibly to child sexual abuse. Through interviews with a very diverse group of people with lived experience, experts, and treatment providers, *Stewards of Children*® teaches adults practical actions they can take to reduce instances of child sexual abuse in their organizations, families, and communities

## Pushout Film Screening and Discussion (2 hr)

- *Pushout: The Criminalization of Black Girls in Schools* is a feature length documentary that takes a close look at the educational, judicial, and societal disparities facing Black girls. The documentary confronts the ways in which the misunderstanding of Black girlhood has led to excessive punitive discipline, which in turn disrupts one of the most important factors in their lives, their education.

## Brain Architecture Game (1.5 hr)

- This is an interactive tabletop experience that builds understanding of the powerful role of experiences on early brain development – what promotes it, what derails it, and what consequences it has for society. This activity is optimized for groups and needs at least 45 minutes to fully play and learn. It can be done as an independent workshop or incorporated as a part of other trainings.

## Cultivating Authentic Community Engagement (1.5 hr)

- Guided by her lived and professional experience, Community Engagement Specialist, Tamika Daniel facilitates this supportive workshop for organizations to discuss how to engage community voice with authenticity and intentionality.

## The Importance of Building Long-Lasting Relationships on the Road to Self-Sustainability (1.5 hr)

- Join Greater Richmond SCAN's Community Engagement Specialist, Tamika Daniel, for an interactive conversation based on her life experience with building the types of relationships that are supportive in accomplishing goals. The conversation will include challenges and barriers to supportive relationships and offer ways to overcome these.

## Mandated Reporting (1.5 hr)

- This training will explain the mandated reporting laws in Virginia. We will discuss common signs and symptoms of abuse and neglect, walk you through the reporting process, & provide guidance about how to respond to an individual who may disclose abuse to you.

## Playing for Keeps Film Screening and Discussion (1.5 hr)

- *Playing for Keeps: The Upside of Downtime* examines the value of play through a health lens. We feature high-performing individuals who prioritize play as essential to a happier life. We witness how play is a particularly powerful antidote to those subjected to stress and danger on the job, while highlighting the power of a playful approach to our daily lives, regardless of our circumstance.

# Trainings Not Offering CE Credits (Cont'd)

## Resilience Film Screening and Discussion (1.5 hr)

- Resilience is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent toxic stress.

## Self-Care & Wellness (1.5 hr)

- This training will help participants develop an understanding of how stress and trauma affect our state of well-being. We will explore wellness and self-care practices and tools that help promote emotional regulation, compassion, empathy, and calm in our environments. In addition, we will examine ways to create healthy boundaries to establish safe and positive relationships with the self and with others.

## Social and Emotional Health in Early Childhood Development (1.5 hr)

- This training explores developmental milestones of early childhood, shares ways to build and strengthen connections between caregivers and young children, and provides strategies for addressing challenges such as temper tantrums and big behaviors typical for this age group.

## Collective Impact: The Role of Individuals and Systems in Developing Resilient Communities (1 hr)

- Explore the history and current landscape of trauma-informed community networks (TICNs) across Virginia and the role of Greater Richmond SCAN as the creator of the first TICN and coordinator for the VA TICNs. Topics discussed include how to create and sustain a TICN, accomplishments and outcomes at the local and state-wide level, and TICNs connection to policy and advocacy.

## EveryDay Strong (1 hr)

- EveryDay Strong equips caring adults with training and tools to support the mental health and wellness of children, aged 8 to 18. The program promotes a simple, research-based framework that any caring adults can use to help build a sense of safety, connection and confidence in young people.

## The Power of Play in Parenting (1 hr)

- Play is the language of children and as parents we can increase our connection with children by joining them in it. Children of all ages experience greater confidence, fewer behavioral issues, and improved mental health when caregivers use the power of play in their daily interactions with them. Learn more about the importance of play and how to incorporate it in your interactions with children in this workshop.

To learn more or request a training, fill out our interest form at [bit.ly/SCANRequest](https://bit.ly/SCANRequest) or scan the QR code



# Trainings & Workshops Pricing Guide

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Stewards of Children and Everyday Strong are always free.

**For other existing trainings, the base rate is as follows:**

**1 hour: \$225**

**1.5 hours: \$300**

**2 hours: \$375**



An additional travel supplement will be added for in-person events located outside of the Richmond metro area.

An additional supplement will be added for prep time related to any alterations needed to existing trainings or the creation of new trainings.

**For trainings where CEUs are requested, the following additional cost will be included based on the amount of people needing CEUs:**

1.5 hour trainings	\$7.50 per person for the first 20 people then \$5 per person for 21+
2 hour trainings	\$10 per person for the first 20 people, then \$5 per person for 21+

