ACES: Impacts of Trauma and Building Resiliency TERM Training

Trainers: Aisha Pope, LCSW, BCD and Shelly Paule, MSW, LCSW

Course Code: BH0283

Course Description

This interactive training will provide an overview of common stressors and traumas experienced by young people, and some common responses to those experiences. Training participants will review the concept of resilience, why it's important, and how to use the CANS to provide support. The use of the 7 Essential Cs to support the youth and families we serve in building their resilience muscles will also be explored. We'll invite cultural perspectives from participants and discuss the idea of resilience fatigue in BIPOC communities. For those who are interested in taking the work further, participants will be provided a framework for self-assessing and creating a personal or program action plan to strengthen our efforts to support resiliency building in those we serve.

Please see below to access the training outline.

Audience

Treatment, Evaluation & Resource Management (TERM) and Behavioral Health Services (BHS) providers

Location: Live Virtual Training: This training will be conducted via Zoom.

Date: Thursday, November 5, 2020

Time: 9:00am-12:00pm

Learning Objectives

Upon completion of this training participants will be able to:

- Identify common sources of stress and trauma in youth and the impact these experiences have on youth and families
- Review Adverse Childhood Experiences (ACEs), Positive Childhood Experiences (PCEs), and their relationship to Resiliency and Adult Outcomes
- Learn how San Diego providers use the Child Adolescent Needs and Strengths (CANS) to support resiliency
- Explore the concept of resilience and the model of resilience building known as the 7 Essential Cs: Connection, Contribution, Character, Control, Coping, Competence, & Confidence
- Develop a self or program assessment of strengths and weaknesses related to promoting resilience through the 7 Cs, and begin an action plan for improving promotion of the 7 Cs

Click Here to log into the LMS and Register

Registration: If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by clicking here. Email RIHS@sdsu.edu if you have any questions. This training is FREE of charge to BHS County employees and contractors.

Continuing Education: This course meets the qualifications for 3 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP10014; CCAPP-EI, Provider # 15-98-38-98-0022, and CAADFE Provider # CP40 906 CH 0323 for 3 contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to obtain CE Certificates. Click here for the CE Grievance Procedure.
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<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:45 am – 9:00 am</td>
<td>Join meeting, ensure audio and video are working</td>
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<tr>
<td>9:00 am – 9:15 am</td>
<td>Introductions/Objectives</td>
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<td>9:15 am – 10:00 am</td>
<td>Discussion of trauma, ACES, CANS, and impact on youth</td>
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<tr>
<td>10:00 am – 10:15 am</td>
<td>Break</td>
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<tr>
<td>10:15 am – 11:30 am</td>
<td>Seven C’s of Resiliency and application in everyday work</td>
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<tr>
<td>11:30 am – 12:00 pm</td>
<td>Wrap-up: Questions, comments</td>
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Creating experiences that transform the heart, mind and practice