

Training Calendar NOVEMBER & DECEMBER 2017

To Register For These Trainings, Please Email:
trainingregistration@riversideecc.org

NOVEMBER

TRAUMA, PTSD AND EATING DISORDERS: RELEVANCE AND RESPONSE

Kimberly Wick, LMHC, Program Director-Braintree Clinic, Walden Behavioral Care

Date/Time: Monday, November 6, 10:00am-Noon
Location: Riverside Main Office, Dedham
Audience: All Employees
CEUs/CEs Pending: Social Work/Licensed Mental Health Counseling
Licensed Marriage & Family Therapy/Psychology

This training will explore how and why eating disorder and trauma diagnoses tend to co-occur so frequently. The ways symptoms of both conditions intersect, and the best practices for treating both conditions concurrently will be discussed. Trauma informed care will be defined utilizing relevant case examples which demonstrate ways health care professionals can apply interventions to their own work. Finally, “clinician fatigue” will be addressed with examples of how professionals working with this population can minimize risk of secondary trauma and “burn out” through various self-care methods and clinical supervision.

GENDER: BEYOND THE BINARY

Chris Haigh, Manager of Diversity & Inclusion, Riverside Community Care
Sponsored by Riverside’s Diversity & Inclusion Committee

Date/Time: Tuesday, November 7, 10:00am-Noon
Location: Riverside Main Office, Dedham
Audience: All Employees
CEUs/CEs Pending: Social Work/Licensed Mental Health Counseling
Licensed Marriage & Family Therapy/Psychology

Back by popular demand! Caitlyn Jenner’s story catapulted transgender issues into the spotlight. While we still have a way to go, we are making strides for transgender equality. However, there is a newer movement happening: one where the whole notion of the binary gender system – female and male – is limited and even unnecessary. In one study, 60% of people between the ages of 14 – 34 think gender is fluid or blurred.

This training will start by looking at the social construction of this binary and then examine how this creates limitations and challenges for a growing gender nonconforming youth and young adult population. We will review necessary definitions, as well as share some strategies for creating gender inclusive spaces.

FINANCIAL MANAGEMENT FOR MANAGERS

Michael Tobin, Assistant Vice President of Accounting, Riverside Community Care

Date/Time: Wednesday, November 8, 10:00am-12:00pm
Location: Riverside Main Office, Dedham
Audience: Riverside Managers

Unravel the mysteries of Riverside's budgets and financial statements. Focus will include:

- Financial goals of a non-profit organization
- Reading & understanding financial statements
- Key sources of revenue and tracking of associated expenses
- Understanding differences between operating & capital expenses
- Coding of accounting transactions
- Building and tracking to a budget
- Submitting expense reports, vendor bills, and much more

LAUGHING YOGA AND SELF-CARE

Ilana Amrani-Cohen, LICSW, PhD, Certified Laughing Yoga Teacher, Riverside Community Care

Date/Time: Friday, November 17, 9:30am-12:30pm
Location: Riverside Main Office, Dedham
Audience: All Employees (*Including Administrative Staff*)
CEUs/CEs Pending: Social Work/Licensed Mental Health Counseling/Licensed Marriage & Family Therapy/Nursing/Psychology

Laughing Yoga is a unique exercise routine developed by Indian physician, Dr. Madan Kataria. It combines laughing exercises with yoga breathing, which brings in more oxygen to the body and brain, making one feel more energetic and healthy. During a Laughing Yoga session, anyone can laugh without relying on humor, jokes and comedy. All you need is a set of lungs and the willingness to laugh. Health benefits include elevated mood, reduced stress and increase of blood flow to the brain, which improves functioning. In order to get the scientifically proven benefits of laughter, we laugh as well as sing, stretch and do some relaxation exercises. It brings people together and makes for a great day. Come and see how this tool can be helpful to you, your colleagues and the people we serve.

DECEMBER

FUNCTION-BASED BEHAVIOR ANALYTIC INTERVENTIONS FOR THE REDUCTION OF CHALLENGING BEHAVIORS 1: FUNCTIONAL COMMUNICATION TRAINING (FCT)

Ron Allen, Ph.D., BDBA-D, LABA, CBIS and Tom Hall, MA, CBIST-Riverside Community Care

Date/Time Monday, December 4, 1:00pm-4:00pm
Location Riverside Main Office, Dedham
Audience Riverside Employees
CEUs/CEs Pending Social Work/Licensed Mental Health Counseling/Licensed Marriage & Family Therapy/Nursing/Psychology/BCBA

Many individuals with developmental disabilities engage in disruptive and dangerous behaviors (e.g., aggression, self-injury, property destruction). The reduction of such challenging behavior is often the focus of applied behavior analysis (ABA). The most common intervention employed by ABA therapists in the reduction of challenging behavior is Functional Communication Training (FCT). Like other disciplines, behavior analysts work from the assumption that, rather than a symptom of a disease state, behavior (adaptive or challenging) serves a function for the individual. Thus, treatment begins with assessment (Functional Behavior Assessment or Functional Analysis) in search of the function of the challenging behavior. Once the function of a challenging behavior (the consequence or what an individual gets from the behavior) is determined, an intervention is designed to teach an adaptive response (a communication response) that allows the individual to access the same consequence as the challenging behavior. Subsequently, the communication response is reinforced and the challenging behavior placed under extinction. There is extensive research demonstrating the efficacy of FCT in the reduction and elimination of challenging behavior. The current training will review Functional Behavior Assessment, the strategies and tactics of FCT, the selection of a communication response, techniques for limiting the communication responses to appropriate levels, and methods for generalizing the communication response across settings.

THE EXPERIENCE OF HEARING VOICES

Amy Long, Consumer/Practitioner, National Empowerment Center, Lawrence

Date/Time	Thursday, December 7, 9:30am-12:30pm
Location	Riverside Main Office, Dedham
Audience	Riverside Employees
CEUs/CEs	Social Work/Licensed Mental Health Counseling/Licensed Marriage & Family Therapy/Nursing/Psychology

This provocative, experiential training provides comprehensive information about hearing voices and offers participants the experience of hearing voices while simultaneously engaging in a series of daily life activities. The experiential exercise is followed by lively discussion including strategies to promote self-help. *Highly recommended for all employees working in mental health settings.*

YOUR VOICE CAN BE HEARD: EFFECTIVE ADVOCACY WITH LOCAL AND STATE GOVERNMENT

Scott M. Bock, Founder/President/CEO, Riverside Community Care

Date/Time	Friday, December 15, 10:00am-12:00pm
Location	Riverside Main Office, Dedham
Audience	Riverside Employees and People We Serve
CEUs	Social Work/Licensed Mental Health Counseling/ Licensed Marriage & Family Therapy

You **can** have an effective voice with government leaders on issues that matter to you. An experienced advocate shares concrete strategies for ensuring that your views are heard by the right people and for exploring individual and collective action. Participants are encouraged to think creatively and share their own experiences.

MANDATORY CERTIFICATION TRAININGS

PRE-REGISTRATION REQUIRED

ADULT CPR/FIRST AID (10:00am-4:00pm)

Tuesday, November 14	Riverside Main Office, Dedham
Tuesday, November 28	Riverside Main Office, Dedham
Tuesday, December 12	Riverside Main Office, Dedham
Wednesday, December 27	Riverside Main Office, Dedham

PEDIATRIC CPR/FIRST AID (10:00am-4:00pm)

Friday, November 3	Riverside Main Office, Dedham
Friday, December 8	Riverside Main Office, Dedham

MEDICATION ADMINISTRATION RECERTIFICATION (4:30pm-9:30pm)

Friday, November 17	Riverside Main Office, Dedham
Friday, December 15	Riverside Main Office, Dedham

Testing for Medication Administration Recertification: Conducted by Riverside trainer during class time.

MEDICATION ADMINISTRATION TRAINING (8:00am-4:00pm)

Saturday & Sunday, November 4 & 5	Riverside Main Office, Dedham
Saturday & Sunday, December 9 & 10	Riverside Main Office, Dedham

2-HOUR SAFETY TRAINING (3:00pm-5:00pm)

Monday, November 13	Riverside Main Office, Dedham
Monday, November 27	Riverside Main Office, Dedham
Monday, December 11	Riverside Main Office, Dedham
Tuesday, December 26	Riverside Main Office, Dedham

12-HOUR SAFETY TRAINING (9:30am-4:00pm)

Wednesday & Thursday, November 29 & 30	Riverside Main Office, Dedham
Thursday & Friday, December 13 & 14	Riverside Main Office, Dedham

ADVANCED SAFETY TRAINING REFRESHER

Wednesday, November 15, 9:30am-12:30pm	Riverside Main Office, Dedham
Wednesday, November 15, 1:00pm-4:00pm	Riverside Main Office, Dedham
Thursday, November 16, 9:30am-12:30pm	Riverside Main Office, Dedham
Thursday, November 16, 1:00pm-4:00pm	Riverside Main Office, Dedham
Wednesday, December 13, 9:30am-12:30pm	Riverside Main Office, Dedham
Wednesday, December 13, 1:00pm-4:00pm	Riverside Main Office, Dedham
Thursday, December 14, 9:30am-12:30pm	Riverside Main Office, Dedham
Thursday, December 14 1:00pm-4:00pm	Riverside Main Office, Dedham

E-LEARNING



INTRODUCTION TO MOTIVATIONAL INTERVIEWING

Presenter: Lori Hillard, Ph.D., Addiction Services Lead Clinician and Supervisor, Riverside Community Care

Description: This training will introduce participants to Motivational Interviewing, which is a collaborative, non-confrontational way of engaging with people we serve who struggle with addiction or any other behavior change. Participants will learn about the process of change and how to evoke individual motivations for change and change talk, as well as planning for change once a person is ready.

Duration: Part 1: 50 Minutes
Part 2: 50 Minutes

CEU's: Social Work CEU's have been applied for. In order to be eligible to receive these CEU's, you must view parts 1 & 2 of the training and then complete both the evaluation and post-test. Once you have completed both successfully, the system will notify us automatically. If/when our CEU application is approved, we will be able to begin sending CEU certificates to those who are eligible. CEU certificates will be sent to your Riverside e-mail from our Human Resources and Professional Development team. Please note that the CEU approval process often takes several months, so we appreciate your patience as we await the approval of this new offering. Please refer any questions to: trainingregistration@riversidecc.org

To View Part 1:

https://player.vimeo.com/external/212284768.hd.mp4?s=d5d1c6a3df5e11101805c6749ffa62083e54102b&profile_id=169

To View Part 2:

https://player.vimeo.com/external/212278847.hd.mp4?s=d5bc4d80a4eda69bbba96f869bf4260ecf9789ea&profile_id=119

To Access the PowerPoint Presentation:

<https://connect.riversidecc.org/polforms/Resources/Training%20and%20E-Learning/Motivational%20Interviewing/Introduction%20to%20Motivational%20Interviewing-Lori%20Hillard%20PhD.pptx>

To Access the Survey & Post-Test: https://www.surveymonkey.com/r/MI_E-Learning_2017

SELF-DETERMINATION, RECOVERY, RESILIENCY AND WELLNESS OVERVIEW

Introduction: Marsha Medalie, Executive Vice President/Chief Operating Officer

Presenters: Donald Hughes, Vice President of Community Living Services Division & Shannon Sorensen, Vice President of Child and Family Services.

Description: Self-determination, Recovery, Resiliency and Wellness are important concepts for Riverside and the people we serve. They are the foundation of our organization. In this training, you will learn about the history and movement behind Self-determination, Recovery, Resiliency and Wellness, and have a chance to hear directly from persons served why these concepts are so important to them and their families.

Duration: Part 1: 30 Minutes
Part 2: 5 Minutes

To View Part 1:

https://player.vimeo.com/external/210410207.hd.mp4?s=3986be5ee386d407d2bc352885887d1b535d1926&profile_id=119

To View Part 2:

https://player.vimeo.com/external/208132324.hd.mp4?s=461d81e6baf3bebe20d18919341c0aca116a6ae0&profile_id=119

To Access the Self-Determination, Recovery, Resiliency and Wellness Statement:

<https://connect.riversidecc.org/polforms/General%20Forms/Miscellaneous/Self%20Determination%20-%20Recovery%20-%20Resiliency%20-%20Wellness%20Statement.docx>

To Access the Language Matters Document:

<https://connect.riversidecc.org/polforms/General%20Forms/Miscellaneous/Language%20Matters%20Anti-Stigma%20Flyer.pdf>

To Access the PowerPoint:

<https://connect.riversidecc.org/polforms/Resources/Training%20and%20E-Learning/Self-Determination%20Recovery%20Resiliency%20and%20Wellness%20Training/Self-Determination%20Powerpoint%20for%20Video.pptx>

DSM-5 TRAINING

Presenter: Trudy L. Good, Ph.D., Psychologist for Community Based Flexible Support Teams, Riverside Community Care.

Description: This training is designed to give an introduction to the structural and diagnostic content changes from DSM-IV to DSM-5. The training assumes that participants are knowledgeable and comfortable with DSM-IV, and is designed to describe the changes so that the participants can identify further areas for self-study or training.

Duration: Part 1: 1 Hour & 22 Minutes
Part 2: 59 Minutes

CEU's: Social Work

To View Part 1:

https://player.vimeo.com/external/204990004.hd.mp4?s=14dea7fd5d48fb4976df7c41c35b707ac7225b3f&profile_id=119

To View Part 2:

https://player.vimeo.com/external/205036441.hd.mp4?s=b058d5d6dfafd3ddbe207cc9cbd8d88c047c6eab&profile_id=119

OUTCOME MEASURES: RIVERSIDE EHR/OUTCOMES TRAINING

Presenter: David R. Kraus, Ph.D., President and Chief Scientific Officer, Outcome Referrals, Framingham, MA

Description: This presentation will help clinicians use the measurement tool's results to engage the person being served, to build a clinical alliance, and to establish mutual goals/objectives in the initial treatment planning process. The training will demonstrate how the measures can be used to assess the progress that the individual is making, to determine when it is time to change to a different goal and when to decide with the individual that the person has achieved their goals and termination is warranted.

Duration: Part 1: 57 Minutes
Part 2: 51 Minutes

To View Part 1:

https://player.vimeo.com/external/205042008.hd.mp4?s=16f3b3769628cb373d27ea1b183026cf94d4b146&profile_id=119

To View Part 2:

https://player.vimeo.com/external/205086248.hd.mp4?s=9ed2d8b3ca90116c7d8787a1b4123a6e62a31bdb&profile_id=169

ARPCT: EditU Online Learning System

(Free Trainings Available for Riverside Employees & the People We Serve!)

Do you want to learn new skills? Would you benefit from a Time Management, Leadership or Microsoft Office training? EditU's Online Learning System will allow you to train at your convenience.

To gain access to EditU, please contact:

Helen Boyle, Director of Training & Professional Development

hboyle@riversidecc.org

DEFENSIVE DRIVER TRAINING

Riverside has access to a free online defensive driver training through the Philadelphia Insurance website.

www.phly.com.

Instructions to access Training:

- Log onto: www.phly.com
- On top of page, click: Log-in
- User name: **LossControl**
- Password: **Riskservices1**
- Click: Training (on left)
- Click: Online Interactive Defensive Driver Training
- Click: OK
- Complete the course
- Take the 20 question multiple choice exam & receive score
- Print out the staff Certification of Completion

MASSACHUSETTS DEPARTMENT OF DEVELOPMENTAL SERVICES (DDS) LEARNING WEBSITE

Check out this website filled with lots of free online training opportunities. Here's a sampling of what you'll find: **Intro to Positive Behavior Supports, Person Centered Practices, Self-Determination**, and even some **Computer Trainings** from very basic to more advanced. www.ddslearning.com Click on Training and Development Opportunities, then click on Learning Calendars.

If you are having trouble accessing this training due to an Adobe Flash 8.0 upgrade, contact Riverside IT by submitting an IT ticket or call the IT Help Desk at 781.320.5367.

Additional Information

- **HOW TO REGISTER FOR A TRAINING**

Trainings are free to Riverside Employees. Pre-registration is necessary. To register for these trainings please email trainingregistration@riversidecc.org.

- **WEATHER CANCELLATIONS:** Call 781.329.0909 and **press 8** for a recorded message.

Unless otherwise stated, there is no commercial support, or conflict of interests known for programs or instructors listed in this training announcement. For further information on learning objectives or other questions, please email trainingregistration@riversidecc.org or call 781-320-5346.

“Riverside Community Care is approved by the American Psychological Association to sponsor continuing education for psychologists. Riverside Community Care maintains responsibility for this program and its content.”

