

Trainings

All trainings are available for free and are currently being held virtually. If you are interested in hosting a training for your group/agency – please connect with Chris to schedule:

christine.glover@penmedicine.upenn.edu

Addiction Impacts Everyone: A look at Children of Addiction

Trainer: Chris Glover, Project Coordinator, Joining Forces for Children

This presentation will discuss the impact of a loved one's substance use on children of all ages – highlighting some common experiences at various stages of child development. The session will also include practical strategies for supporting children through their own journey of recovery.

Objectives:

- Define addiction
- Recognize the impact of substance use on children of different ages
- Identify strategies to support children impacted by addiction

Addiction: Through the Lens of a Child

Trainer: Chris Glover, Project Coordinator, Joining Forces for Children

In this two hour training, participants will learn about the illness of addiction and its impact on family systems. Special emphasis will be on the experience of a child living in a family system experiencing addiction. Training will also introduce participants to the Substance Abuse and Mental Health Services Administration (SAMHSA) behavioral health continuum of care including prevention, harm reduction, treatment, and recovery. Participants will learn about individualized risk and protective factors and how they can build protective factors in individuals.

At the end of training, participants will be able to:

- Describe addiction
- Explain addiction as a family illness
- Recognize the impact of substance use on children
- Identify and commit to something they can do to promote wellness

The Science of Hope

Trainer: Chris Glover, Project Coordinator, Joining Forces for Children

This session will introduce participants to hope theory and its connection to wellbeing. Participants will learn that hope can be measured and learned. Tools will be shared for measuring hope with their program participants (children and adults) along with strategies to nurture hope.

Objectives:

- Define Hope
- Explain how to build hope
- Describe when and how to measure hope

Substance Use Disorder: Implications for the Children

Trainer: Karen Plowman, Director of Prevention Services, Gaudenzia, Inc.

Children living in a family with Substance Use disorder can be chaotic, confusing, and traumatic; but, there are practices that supportive adults such as mentors, teachers, and others can implement to support children and their families. Identifying potential roles that the children are playing in the family can help us to better assist children to share and cope with their feelings.

- Roles of children
- Role of codependency in the family
- How SUD impacts the family
- Helping children cope with BIG feelings

Children Fetal Alcohol Spectrum Disorders – What are We Missing?

Trainer: Karen Plowman, Director of Prevention Services, Gaudenzia, Inc.

This workshop covers the basics of Fetal Alcohol Spectrum Disorder (FASD) and interventions that can be used in classrooms, families, and our community to assist persons with an FASD. Also, the implications of undiagnosed FASD are discussed as well as FASD in adults within our communities.

- Strength based approach
- Safety issues
- Community resources

The Process of Recovery

Trainer: Scott Theurer, Certified Recovery Specialist, Lancaster County Recovery Alliance

The recovery process presentation is designed to instigate conversation and spark ideas while it provides education. Our society is enmeshed in one of the worst public health crisis in our times, substance use disorder. Recovery is possible, and in fact, should be the expectation given the right environment of attitudes, supports, pathways, and other capital that enhances understanding and resources.

Today a growing population of people in recovery are returning to our churches, businesses, schools, neighborhoods, and communities. Is the Community ready?

Understanding recovery is critical to our ability to sustain recovery. It has been shown that communities that are rich in recovery and recovery supports are healthier overall than communities that do not foster that environment. This training is an overview of what that environment could look like for individuals and for communities.

The Training is designed as a conversation and discussion is encouraged. We will examine topics such as:

- Why language and perceptions influence the likelihood of supporting recovery.
- Implicit bias and how this can unconsciously shape how we treat each other.
- “Recovery Oriented Environments” and we create them.
- Stigma: types of stigma and how stigma exists in and shapes our recovery environments
- COVID-19 impact on recovery?
- Benchmarks of the recovery process (hint: recovery is more defined by traits, not time)
- Peer Support & Recovery Capital
- Redefining “Relapse”
- Pathways of Recovery

Social Development Strategy

**Trainers: Chris Glover, Joining Forces for Children
Kristina Jeanty, Joining Forces for Prevention**

The Social Development Strategy fosters the success and health of young people from before birth through every stage of development. It is easy to use, easy to remember, and it works! Providing young people with opportunities, skills and recognition strengthens bonding with family, school and community. Strong bonds motivate young people to adopt healthy standards for behavior. This strategy has been tested and proven effective.

Training Objectives:

- Define Risk and Protection
- Identify the key components of the Social Development Strategy
- Provide a personal story that illustrates the Social Development Strategy