

Family Service of Rhode Island Trauma Training Institute



Family Service
OF RHODE ISLAND
healthy families · strong communities

Introduction



Our mission is to advance equity, opportunity, and hope in our communities.

The impact of trauma can interfere with the social, emotional, and physical development and functioning of children and providers alike. Training and supporting community programs to be attuned and respond to youth, adults and families, in addition to knowing the supports available to them, can assist Rhode Island professionals in achieving a positive environment.

Family Service of Rhode Island (FSRI) has a long history of delivering consultation, trainings and supports about the impact of trauma on individuals. We have provided trauma-focused, evidence-based practices and treatments for children and families for over 15 years and has had great success in implementing a trauma-informed approach through the agency. Our staff are committed to making an impact for children, families, and individuals effected by trauma as well as the educators, service providers and agencies who work with them.

FSRI is a member of the National Child Traumatic Stress Network, established in 2000 as part of the Children's Health Act in an effort to raise the standard of care and increase access to trauma-focused, evidence-based treatments to children and families.

Available Trainings

FSRI prioritizes the needs of the community and can offer many training accommodations. We can facilitate virtually and in person, either at an FSRI facility or another identified location. Trainings are available in English, Spanish, Portuguese, and other languages by request. If you are in need of specific training accommodations, please discuss with the program coordinator.

1. An Introduction to Traumatic Stress Across the Lifespan

This workshop will present an overview of traumatic stress and its impact across the lifespan. Participants will learn to distinguish between stressful life events and traumas. Trauma's impact on functioning across domains will be explored including the impact on brain development and the Adverse Childhood Experiences Study. Resiliency and protective factors will be explored so participants can integrate a trauma-informed lens into their practice.

This 3-hour training is best suited for any level of professional looking to increase their knowledge of trauma.

2. Youth Mental Health First Aid & Mental Health First Aid

YMHFA/ MHFA USA is an 8-hour course, which introduces participants to the unique risk factors and warning signs of mental health problems, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent or adult in crisis or experiencing a mental health challenge. (Youth) Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect people to professional, peer, social, and self-help care.

YMHFA: Provide 8 hour this training to adult professionals working with youth ages 6-18

MHFA: Provide this 8 hour training to adults seeking knowledge and further education in mental health care for adults.

Available Trainings

3. Fostering Resilience in Children Who Have Been Exposed to Trauma

This presentation will provide an overview of childhood traumatic stress and the impact of trauma on child development including young children; school aged children, adolescents and families. The training will review evidence-based interventions that are utilized by practitioners to treat childhood traumatic stress as well as de-escalation and response techniques to utilize in the community. Participants will learn the impact trauma has on the developmental stages of childhood and how these play out in their behavior, thoughts, feelings and emotional presentations. Participants will be provided psych education regarding the role that culture, race, ethnicity, socio-economic status, sexual orientation and gender identity plays in engaging youth and supporting their own unique needs in a mindful, non-judgmental and safe space.

This training is 3 hours long depending on the needs of the audience and is intended for professionals working in the human service field at any capacity

4. Fostering Resilience in Children Who Have Been Exposed to Trauma for Educators

This training provides an overview of childhood traumatic stress and its impact specifically designed for school personnel. Participants will learn to distinguish between stressful life events and traumas in children. They will receive an overview of child traumatic stress symptoms across a child's development. Trauma's impact on a child's functioning across domains will be explored including the impact on brain development and the Adverse Childhood Experiences Study. Specific trauma-informed skills are taught that can be utilized with students who have been impacted by trauma. This training can be tailored to specific ages or can cover early childhood through adolescence.

This training is 3 hours long depending on the needs of the audience and is intended for professionals working within a school environment.

Available Trainings

5. Secondary Traumatic Stress: Recognizing and Responding to the Impact of our Work

This training gives an overview of Secondary Traumatic Stress including signs, symptoms, impact, individual and organizational responses to mitigate STS. Participants will learn the difference between STS, Compassion Fatigue, and Burn-out. Participants will be exposed to screening tools to assist in identifying STS. They will learn helpful approaches to address STS for themselves and staff. A focus on the concept of compassion satisfaction is woven throughout the training. Participants will also engage in an expressive arts activity to encourage self-care.

This 3 hour training is for anyone in the helping profession who would like to increase their knowledge about Secondary Traumatic Stress as well as can be beneficial for workplace who have been impacted by a workplace trauma.

6. Supporting Families Affected by Substance Use

This training focuses on identifying and responding to the needs of children and families impacted by parental and caregiver substance use. Participants will learn the effects of substance use, mental health, trauma, and co-occurring disorders on children and families. The impact of personal and agency bias and stigma will be discussed and participants will leave with an understanding of the importance of a family-centered approach.

This 3 hour training session is best suited for any professional working with RI youth and families.

Available Trainings

7. Reflective Supervision for Supervisors

This training is geared for supervisors who are looking to improve their supervision practice and who would like to take a trauma-informed approach to supervision. Reflective supervision is the process of identifying the thoughts, and feelings and actions that come up as a result of working with traumatized children and families. It encourages a collaborative relationship between supervisor and supervisee and promotes and encourages supervisees to understand the perspective of the families they are working with. Participants will learn this supervision model and have the opportunity to practice skills during the training. Included in this training is a review of the impact of Secondary Traumatic Stress and ways to mitigate that impact on staff.

This 3 hour training is designed for supervisors and workplaces who are looking for new strategies to connect with your staff, to deepen supervisory skills and to use a trauma-informed lens in supervision

8. Fundamentals of Harm Reduction

Participants will gain a baseline understanding of substance use and the drug supply in Rhode Island, the foundational principles of harm reduction, and harm reduction's record as a public health strategy. Participants will also be asked to participate in a conversation about broader application of these principles and ways to build a community where stigma does not compound potential harms of substance use.

This 3 hour training is designed for anyone who knows people who use substances.

9. Custom Mental Health / Trauma Informed Trainings & Individualized Direct Support

Every organization and community are unique and has individualized needs. We can work with your team to create new content to meet the growing requests from our communities as well as provide CEU and certification for Professional Development based on the needs.

Clinical Trainers & Support Staff

NCTSN has a vast array of resources and curriculums that providers involved in a child's welfare could benefit from. All of our staff who do this work have been trained in National Child Traumatic Stress Network(NCTSN) endorsed trauma-focused, evidence-based treatments and practices and have trained a number of schools, agencies, and systems of care including the RI Department Youth, & Families, RI Department of Behavioral Healthcare Developmental hospitals, and the RI Department of trainers are experts in the field of traumatic stress and have presented nationally on a number of topics and serve on various national committees within the NCTSN.



**We look forward
to the opportunity
to work with your
organization!**

Contact

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