

## AN INTRODUCTION TO GENDER IDENTITY & SEXUAL ORIENTATION

July 31, 2020, 8:30 AM - 4:30 PM (6 CE)

LGBTQIA+ individuals enter behavioral health treatment programs with a unique set of challenges. Unaddressed, these issues all too often contribute to unsuccessful treatment outcomes. This interactive training will review the general constructs of sexual orientation and gender identity, explore the particular issues and life experiences that have contributed to the development of substance use and mental health disorders, and offer interventions specific to LGBTQIA+ individuals' phase of identity development.

## FIXING THE HOLE IN THE SIDEWALK: COLLABORATIVE PROBLEM SOLVING

August 6, 2020, 8:30 AM - 12:00 PM (3 CE)

When a child demonstrates challenging behavior within the classroom, adults attempting to address the behavior can often fall into a cycle of frustration and power struggle, resulting in a lose/lose outcome. This training will teach participants the brain chemistry underlying common challenging behaviors such as aggression, opposition, lying, and stealing so that behaviors can be understood within a manageable framework. Participants will learn how to assess the context of behavior in a way that allows them to reframe behaviors as solvable problems, how to recognize and work through common problem-solving barriers that lead to power struggles, and explore how to use a Collaborative Problem-Solving approach (CPS).

## MOTIVATIONAL INTERVIEWING

SEPTEMBER 29, 2020, 9:00 AM - 4:00 PM (6 CE)

This class provides participants with an overview of Motivational Interviewing, an evidence based communication style that encourages behavior change. The presenter will briefly discuss the use of Motivational Interviewing in healthcare and more specifically the use of Motivational Interviewing in Screening, Brief Intervention, and Referral to Treatment. After training, participants will recognize the components of the spirit of MI and utilize MI skills, such as open questions, affirmations, reflections and summaries.

## BUILDING RESILIENCE AND CULTURAL HUMILITY BY RECOGNIZING AND ADDRESSING STEREOTYPE THREAT AND IMPLICIT BIAS

NOVEMBER 6, 2020, 8:30 AM - 4:30 PM (6 CE)

We know trauma and toxic levels of stress affects the brain, body, and behavior. Current research is demonstrating its influence on our genetic code through gene expression (epigenetics). Research demonstrates that toxic stress disproportionately affects individuals in marginalized groups through stereotype threat and implicit bias. We will explore resilience based, trauma responsive, interventions that can be done even on the fly and have a positive impact to help develop cultural humility, resilience and culture shifts by identify and addressing the unseen messages we all live with driving implicit bias and stereotype threat. This introductory training is an opportune way to best support participants in learning the language and skills to support ongoing culture shift and self- awareness with a specific focus on how unlearning bias can better support communities.

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