



Understanding Trauma

This training will provide parents, foster parents, care providers and professionals with an understanding of trauma and its potential effects on children, as well as the coping strategies often used by children who have experienced trauma. Also discussed will be the importance of self-care, developing strategies for preventing burnout and secondary traumatic stress, as well as ways to build resilience in children and families. **This training is free to families currently receiving services through Woodfords.** For all others, the fee is \$25

Date: Wednesday, March 31st, 2021 **Time:** 5:30pm-9:00pm

Location: Virtual. In light of COVID-19, this session will be offered virtually using the Adobe Connect virtual classroom software. All participants will need the following to participate:

- A laptop or desktop computer. Tablets/mobile devices are not compatible with the virtual classroom and are not permitted for this training.
- Two-way audio connection (speakers/microphone). A headset or headphones with a microphone are recommended to reduce background noise.
- Webcam. Attendees will need to be present with cameras on for the duration of class to receive credit for participating.

To Register: Advanced registration is required. Please submit the included Registration Form via email or fax.

Email: trainingcenter@woodfords.org
Fax: 844-372-4054
Phone: 207-878-9663 ext 4131



Safety-Care for Families Skills for Managing Challenging Behaviors

This course provides parents, family members and caregivers with the skills, interventions and confidence needed to improve behavior and prevent, minimize, and manage potentially dangerous incidents. The Safety-Care for Families curriculum consists of four separate sessions. Essential Skills sessions are presented in mostly lecture format, while Advanced Skills are trained in a small group for individualized instruction. This training is free to families currently receiving services through Woodfords. For all others, the fee is \$25 per session.

ESSENTIAL SKILLS - VIRTUAL

Essential Skills sessions will be offered using the Adobe Connect virtual classroom software. Participants will need a laptop/desktop computer with audio and webcam capabilities to attend. Tablets/mobile devices are not permitted.

Essential Skills, Part 1 - Wednesday, April 7th, 5:30pm-9:00pm

Collaboration with professionals, legal issues, challenging behavior, reinforcement, safety habits, managing your own behavior, differential reinforcement.

Essential Skills, Part 2 - Wednesday, April 14th, 5:30pm-8:30pm

Antecedents to challenging behavior, triggers, signals, basic principles of de-escalation, development of a comprehensive family safety plan.

ADVANCED SKILLS - WESTBROOK

Advanced Skills sessions will be held at the Woodfords Family Services Training & Resource Center (15 Saunders Way, Suite 700 in Westbrook).

Advanced Skills*, Part 1 - Wednesday, April 21st, 5:30pm-8:30pm

Use of behavioral momentum to improve cooperation, advanced de-escalation strategies, management of weapons, basic physical safety skills, releasing from holds.

Advanced Skills*, Part 2 - Wednesday, April 28th, 5:30pm-8:30pm

Emergency physical intervention, one-person stability hold, two-person stability hold(optional), releasing from stability hold, recovery and debriefing.



Sexuality & Boundaries

Discussing sexuality and personal boundaries with children can be difficult for even the most confident parents. It can be even more challenging to have these conversations with children and adolescents with developmental disabilities. Because research shows that children with developmental disabilities are at higher risk of being sexually abused or exploited, it is important that parents educate their children about their bodies, how to set personal boundaries and how to stay safe.

This three-hour training will provide participants with some basic tools and language to facilitate healthy discussions and education around sexuality and boundaries. **This training is free to families currently receiving services through Woodfords.** For all others, the fee is \$25

Date: Wednesday, May 5th, 2021 **Time:** 5:30pm-9:00pm

Location: Virtual Classroom. In light of COVID-19, this session will be offered virtually using the Adobe Connect virtual classroom software. All participants will need the following to participate:

- A laptop or desktop computer. Tablets/mobile devices are not compatible with the virtual classroom and are not permitted for this training.
- Two-way audio connection (speakers/microphone). A headset or headphones with a microphone are recommended to reduce background noise.
- Webcam. Attendees will need to be present with cameras on for the duration of class to receive credit for participating.

To Register: Advanced registration is required. Please submit the included Registration Form via email or fax.

Email: trainingcenter@woodfords.org
Fax: 844-372-4054
Phone: 207-878-9663 ext 4131



Woodfords FAMILY SERVICES

Training & Resource Center: 15 Saunders Way, Ste. 700 Westbrook, ME 04092
Phone: (207) 878-9663 Email: trainingcenter@woodfords.org Fax: (844) 372-4054

Please note: due to COVID-19, class sizes have been reduced to allow for social distancing.

Name of Participant(s): _____

Email Address: _____ **Phone #:** _____

Home Mailing Address: _____

If accommodations are necessary for you to attend, please specify (i.e. allergies, special education supports):

Signature: _____ **Date:** _____

Name of child or adult's Clinician, Case Manager or Field Supervisor: _____

Agency: _____ Agency Phone #: _____

Please ✓ each session you are registering for.

COURSE & DATES	COURSE TIMES	COST
<input type="checkbox"/> 03/31/2021 - Understanding Trauma (Virtual)	5:30pm – 9:00pm	\$25
<input type="checkbox"/> 04/07/2021 - Safety-Care for Families: Essential Skills Part I (Virtual)	5:30pm – 9:00pm	\$25
<input type="checkbox"/> 04/14/2021 - Safety-Care for Families: Essential Skills Part II (Virtual)	5:30pm – 8:30pm	\$25
<input type="checkbox"/> 04/21/2021 - Safety-Care for Families: Advanced Skills Part I*	5:30pm – 8:30pm	\$25
<input type="checkbox"/> 04/28/2021 - Safety-Care for Families: Advanced Skills Part II*	5:30pm – 8:30pm	\$25
<input type="checkbox"/> 05/05/2021 - Sexuality & Boundaries (Virtual)	5:30pm – 9:00 pm	\$25

All trainings above are offered free to families currently receiving services through Woodfords.

* A written recommendation by a **state-licensed** physician, nurse practitioner, psychologist, social worker, mental health counselor, or BCBA is required for attendance at the Advanced Skills sessions due to the physical component. Please use attached form.



Quality Behavioral Solutions to Complex Behavior Problems

Safety-Care for Families™ Referral for Advanced Training

Name of participant _____

Training provided by (agency) Woodfords Family Services

Agency contact person Renee Freudenberger/Maria Romano Phone 207-878-9663

Please ☐ Fax completed form to this number: 844-372-4054

☐ Return completed form using the attached self-addressed stamped envelope

The participant named has requested to attend **Safety-Care for Families**, a training for people who assist individuals who have the potential to engage in dangerous behavior. The initial training classes are open to any adults, and are required before participation in advanced training. The advanced classes include personal physical safety and physical holding techniques. These procedures are intended to be used only as a last resort, to enhance safety in the event that an individual with disabilities engages in very dangerous behavior. They do, however, present a risk of serious harm, especially if used improperly.

To Be Filled Out By The Person Making The Recommendation

Your name (please PRINT legibly) _____

Your profession/role: ☐ Licensed Physician ☐ Licensed Psychologist ☐ Licensed Social Worker ☐ BCBA

Organization you are affiliated with _____

Phone _____

How you know the participant _____

Please Check One:

☐ I recommend that the above-named person participate in the Safety-Care for Families advanced training. It is my opinion that the training will benefit this person and his or her family and I am unaware of any reason to believe that abuse may occur as a result of this training. I believe that this person will use the physical safety strategies taught in the course—if they become necessary—carefully and responsibly.

☐ I do not recommend that the above-named person participate in the Safety-Care for Families advanced training.

Signature _____ Date _____