

## Course Descriptions

***The Truth About Drugs*** (Free): There's a lot of talk about drugs in the world...at work, at school, on the internet, and on TV. Some of it's true, some of it's not. Much of what we hear about drugs actually comes from those selling them. Reformed dealers often confess they would've said anything to get people to buy drugs from them. We can't be fooled, though. We need facts to avoid becoming addicted ourselves and to help those with whom we work avoid becoming addicted as well. This training utilizes video content from the documentary series *The Truth About Drugs*, produced by Drug Free World. The course expands upon the video material by providing supplementary information and context. You will receive 3.0 CEUs for completion of this training.

***Autism: Missing What Others Catch and Catching What Others Miss*** (\$25): Participants engage in an in-depth look at Autism Spectrum Disorder by reviewing the diagnostic criteria for it in DSM 5 TR, along with symptom presentation, assessment, interventions, and support for caregivers. Successfully completing this course will reward 3.0 Diagnosis and Treatment CEUs.

***Borderline Personality Disorder: Emotional Hypersensitivity or Sadistic Manipulation?*** (\$25): This training covers the history, diagnostic criteria, causes, prognosis, myths versus facts, and interventions involved with the disorder. Comorbid and look-alike disorders, what the disorder looks like in children and adolescents, and suicide versus self-harm are also reviewed. Successfully completing this course will reward 3.0 Diagnosis and Treatment CEUs.

***Caregiving for Teens*** (Free): This training is designed for caregivers of youth between the ages of 11 and 17. Participants will learn about understanding and adapting to the teen years, coaching teens to recognize and manage emotions, encouraging teen independence, and praising teens. You will receive 1.0 CEUs for completion of this training.

***Caution: Sanctioned Suicide*** (\$15): Sanctioned Suicide is an open forum website or "community," if you will, where people who are struggling with suicidal ideation and health issues openly discuss what they're going through and receive advice on methods of dying by suicide. Supporters of the website not only believe in freedom of speech, but in the right to die as well. They insist the site is "pro-choice" rather than "pro-suicide." Hundreds of people have ended their lives after visiting the site, if not more. Those who are experiencing a mental health crisis are susceptible to falling prey to the website due to their vulnerability, but particularly youth whose brains have not fully developed to the point where they understand that suicide is a permanent solution to a temporary problem. In

this training, you will learn about the website, as well as what you can do to protect others from the dangers of it. You will receive 1.0 CEUs for completion of this training.

***Elimination Disorders: A Nice Way to Say Wetting and Soiling*** (\$10): Wetting, soiling, incontinence, enuresis, encopresis...whatever you want to call them, they all fall under the diagnostic category of elimination disorders. Elimination disorders involve the “inappropriate” elimination of urine or feces, whether it be during the daytime or at nighttime. This training will address the two main types of elimination disorders, including enuresis and encopresis, with enuresis referring to urine and encopresis referring to feces. Although they are typically involuntary, they may be intentional when certain other mental health conditions are involved. You will receive 0.75 Diagnosis and Treatment CEUs for completion of this training.

***Empty Inside: Antisocials Versus Narcissistics*** (\$20): People often confuse antisocial personality disorder with narcissistic personality disorder and use them interchangeably. While they do have some overlap in symptoms they are, in fact, two different disorders. This training will address the diagnostic criteria for both disorders, how they differ, what happens when they cross, screening, and treatment. You will receive 2.0 Diagnosis and Treatment CEUs for completion of this training.

***Healthcare Equity and Cultural Humility Ethical Considerations Extended*** (\$25): This comprehensive training equips Saint Francis employees with the knowledge and skills necessary to promote healthcare equity and cultural competence within our organization. Participants will explore the components of culture, the formation of cultural lenses, and ethical principles for social service disciplines. Key topics include the characteristics and best practices for engaging with diverse cultures, strategies for helping children maintain connections to their cultural identities post-placement, and the critical steps to becoming culturally competent. Additionally, we will cover vital considerations such as structural barriers to healthcare access, implicit bias, community engagement, and mental health equity. Emphasis will be placed on language access services, health literacy, patient-centered care, and the importance of data collection and disaggregation. Participants will also review nondiscrimination laws, understand the implications of harassment in the workplace, and discuss SOGIE (Sexual Orientation, Gender Identity, and Expression) to effectively support the LGBTQ community. Successfully completing this course will reward participants with 3.0 Ethics CEUs.

***Oppositional Defiant and Conduct Disorders Diagnosis and Treatment*** (\$20): While all children are occasionally oppositional, especially when tired, hungry, or upset; openly uncooperative and hostile behavior becomes a serious concern when it is so frequent and consistent that it stands out when compared with other children of the same age and when

it interferes in the child's life. Disruptive, impulse-control, and conduct disorders involve problems in the self-control of emotions and behaviors. While many disorders in the DSM-5-TR involve problems in emotional/behavioral regulation, these disorders are unique due to violations of others that occur and/or individuals are in significant conflict with social norms or authority figures. This training offers participants the opportunity to enhance their diagnostic knowledge through identifying the spectrum of disruptive, impulse-control, and conduct disorders and differentiating them based on their variations. Evidence-based treatments will also be shared. Successful completion of this training will earn you 3.0 Diagnosis and Treatment CEUs.

***Self-Care IS Ethical Practice!*** (\$25): Being a social worker is an amazing opportunity to help empower people to experience change, growth, and healing as they manage some of the worst experiences imaginable. However, the flip side of that is that there are high rates of burnout and secondary traumatic stress among social workers. For too long, the impetus has been on individual social workers to take care of themselves and to seek their own therapy. This is a profession-wide challenge that shouldn't be left to individuals to resolve. Finally, in 2021, the National Association of Social Workers addressed this challenge by adding language to the Code of Ethics to hopefully encourage and facilitate self-care among social workers on a systemic level. You will receive 3.0 Ethics CEUs for completion of this training.

***Trafficking 101: Media and Porn Industry*** (\$25): The impact of the media and porn industry on the individual, the community, and the world at large cannot be ignored. Research has shown the negative associations this can have on our self-image, self-objectification, and views on sexual health. With media consumption on the rise, including the addictive nature of social media, the influence on the teenage brain can lead to damaging and dangerous outcomes. Specifically, it has been found that heightened levels of media and porn consumption are not only precursors to youth falling victim to human trafficking but also have a more direct role to play in the business of human trafficking. This course outlines the most recent research information regarding what it means to live in a media-driven and pornified culture and how to protect our youth in the process. Completion of this training will award 3.0 CEUs.

***Trauma 101: Strategies to Heal Trauma*** (\$25): Complex trauma and toxic stress are common experiences for the children and families that we work with. Trauma from ACEs and other adversities can have a significant, life-long impact on their lives. It is our job to help them heal from this trauma and to build resilience that will strengthen them against adversities throughout their lives. This training will look at practical steps that professionals and caregivers can use to help children heal and to build resilience. Among other things,

this training explores the importance of connections for children, what to know when making mental health referrals, and how to use play to help children build skills and teach mindfulness as a self-regulation tool. Completing this training will award 3.0 CEUs.

***Autism Spectrum Disorder Diagnosis and Treatment*** (\$20): Participants will experience a foundational overview of the disorder through lecture and video. Topics to be covered will include the diagnostic criteria, how to write it up, the required specifiers, assessments, treatment options, and new research. Upon successful completion of the course, a certificate of 2.0 Diagnosis and Treatment CEUs will be granted.

***Exploring Sexual Orientation, Gender Identity, and Expression*** (\$25): With growing awareness of people of all ages identifying as LGBTQ, also comes the hard realization that youth with diverse SOGIE experience greater discrimination and abuses than even other youth in the child welfare system. This training is designed to arm Saint Francis staff with the language and tools necessary to support these youth. Participants will become familiar with many of the terms used by those in the LGBTQ community to describe themselves and common terms and expressions that are considered derogatory and should not be used. Participants will address their own implicit biases that impact the way they perceive and interact with LGBTQ youth and others with diverse SOGIE. They will further explore the value of having conversations about SOGIE with all youth; and the importance of creating affirming environments for them. Lastly, participants will explore what it takes to become an ally for a youth with diverse SOGIE by identifying local and national supports and resources; and advocating for them at all levels. Completing this training will earn 3.0 CEUs.

***Suicide Awareness*** (\$10): This training is designed to provide participants with a host of information about suicide so that they feel prepared to work with individuals who express suicidal ideation or intent to include: myths versus facts; statistics; youth, adult, and elderly suicide; characteristics of suicide; diagnoses associated with suicide; signs of depression; risk factors; warning signs; self-harm; protective factors; and interventions. You will receive 0.5 CEUs for completion of this training.

***Working with Non-Custodial Parents*** (\$25): The overarching goal of this training is to help participants understand the importance of treating non-custodial parents, both mothers and fathers, equally as custodial parents. Participants are encouraged to commit to including non-custodial parents in their work by identifying, locating, and contacting non-custodial parents of each of the children on their caseloads whenever possible, involving non-custodial parents to the greatest extent possible in case planning, and considering non-custodial parents and their extended families as placement resources. Successful completion of this training will earn you 2.0 CEUs.

***Depression: The Dark Cloud of Despair*** (\$30): Major depressive disorders affect approximately 17.3 million adults in the US, or about 7.1% of the U.S population ages 18 and older, each year. This training will explore what depression is, who is impacted by it, the multiple diagnoses and how to identify them, and treatment options. This training is HEAVILY DEPENDENT upon videos, so you are required to watch all of them in their entirety. You must also pass a post-test with a minimum score of at least 80% to receive your certificate of completion. Successfully completing this course will reward 4.0 Diagnosis and Treatment CEUs.

***Neurodivergence: Redefining Normalcy*** (\$10): Neurodivergence isn't a diagnosis, but rather, an umbrella term used in reference to mental health conditions such as autism, attention-deficit hyperactivity disorder, learning disorders, and the like. It simply means that the brains of some people function differently than what's considered "typical." However, the reality is that everyone's brain functions differently than everyone else's and, in a world full of neurodiversity, none of them are superior or inferior to the others. Join us as we explore what neurodivergence is, including some of the struggles that people who are neurodivergent experience and what often "triggers" them. We'll then dive into what "masking" is, and how it leads to "stimming," "meltdowns," and "burnout." From there, we'll move into a discussion on managing versus treating neurodivergence, and end on a positive note with the strengths of neurodivergence. You will receive 0.75 Diagnosis and Treatment CEUs for completion of this training.

***Is It Behavior or Is It Sensory?*** (\$20): This training outlines what Sensory Processing Disorder is, how to use Sensory Checklists to identify areas of concern, Sensory Processing Disorder subtypes, how to differentiate between sensory and behavioral issues, when to refer to Occupational Therapy versus collaborate versus keep a client, and simple strategies for immediate use. Note: The presenter attempts to play a video during the presentation that does not have audio or visual, so hold tight through that part until the presentation resumes. That video, along with two others referenced, will be provided after the presentation. You will receive 2.0 CEUs for completion of this training.

***Keeping Kids Safe Online*** (Free): Participants are educated on the online dangers that threaten the safety of children, the warning signs that a child might be in danger online, the crimes against children that can occur in an online environment, and preventative steps and interventions that can be taken to keep children safe while they are online. You will receive 3.0 CEUs for completion of this training.

***Spiritual Impact of Child Abuse*** (\$20): Much has been written about the impact of trauma on the developing brain, but this training will explore what happens when children are forced to question the benevolence of a God who allows them to be abused. It will explore

some of the spiritual injury research and how to use a child's belief in a higher power to help them heal. Also explored will be practical steps for exploring a child's spirituality and avoiding further trauma when their offender is a person of their faith community. You will receive 2.0 CEUs for completion of this training.

***Neurodivergence: Redefining Normalcy*** (\$10): Neurodivergence isn't a diagnosis, but rather, an umbrella term used in reference to mental health conditions such as autism, attention-deficit hyperactivity disorder, learning disorders, and the like. It simply means that the brains of some people function differently than what's considered "typical." However, the reality is that everyone's brain functions differently than everyone else's and, in a world full of neurodiversity, none of them are superior or inferior to the others. Join us as we explore what neurodivergence is, including some of the struggles that people who are neurodivergent experience and what often "triggers" them. We'll then dive into what "masking" is, and how it leads to "stimming," "meltdowns," and "burnout." From there, we're move into a discussion on managing versus treating neurodivergence, and end on a positive note with the strengths of neurodivergence. You will receive 0.75 CEUs for completion of this training.

***Bridges Out of Poverty Overview Online*** (Free): This training is taken from the book *Bridges out of Poverty: An Overview* written by Dr. Ruby Payne, PhD, Philip E. DeVol and Terie Druessi Smith. Through this training, participants learn the definition of poverty, as well as the various types of resources that exist. Mental models of class and the causes of poverty are also explored. A significant portion of the training is spent comparing and contrasting the hidden rules of the three major socioeconomic classes. The training ends with a discussion about how to help others bridge out of poverty, including the use of the Three Voices. You will receive 3.0 CEUs for completion of this training.

***Honoring Indigenous People: History, Culture, and Healing*** (Free): Join us as we explore the significant eras of Indigenous history, from the Native Independence (pre-colonization) Era through today. We'll examine the forced displacements, assimilation efforts, reservation relocations, and boarding schools that have caused generations of historical trauma in Indigenous people. We'll end with an in depth look at their culture with an emphasis on how we can facilitate the healing process for them. You will receive 1.5 CEUs for completion of this training.

***Child and Family Services Review Fundamentals*** (\$20): This training provides a foundation of knowledge about the guidelines set forth by the Children's Bureau through Child and Family Service Reviews, including the seven outcomes and the seven systemic factors upon which day-to-day practice is measured. You will receive 2.0 training hours for completion of this training.

***Trauma-Focused Cognitive Behavioral Therapy*** (Free): Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based treatment model that aims at addressing the needs of children and adolescents with posttraumatic stress disorder (PTSD) and other difficulties related to traumatic life events. The goal of TF-CBT is to provide psychoeducation to both the child and non-offending caregivers, then help them identify, cope, and re-regulate maladaptive emotions, thoughts, and behaviors. Note: You must have or be pursuing a master's degree to complete this training. You will receive 6.0 diagnosis and treatment CEUs for completion of this training.