

The WELCOME Orange Children's Mental Health Committee & Trauma Institute of Orange County doing business as The WELCOME Orange Training Institute Present:

When:

Session 1: May 5th, 9 A.M.–12 P.M.

Session 2: May 5th, 1 P.M. - 3 P.M.

Where: Live online via Zoom

The link will be sent to the email you use to register.

Registration:

www.bookeo.com/octraumainstitute

Register for half or full day!

Continuing Education Credit:

The Trauma Institute of Orange County is recognized by the New York State Education Department's State Board of Social Work and Mental Health Practitioners as an approved provider of continuing education. The morning session will offer 3 - and the afternoon 2 continuing education contact hours for social workers, mental health counselors, psychoanalysts, creative arts therapists, and marriage and family therapists. Each session is a standalone training. If you attend both trainings, you can receive **5** credits. Variable credit for partial attendance may not be awarded based on state board guidelines.

Cost: Session 1: \$30

Session 2: \$20

Full Day: \$45



2021 Children's Mental Health Conference Program:

Session 1: No Such Thing as a Bad Kid - Understanding and Responding to Kids with Emotional & Behavioral Challenges Using a Positive, Trauma-Informed, Strength-Based Approach

Strength-based practice is an approach to guiding children, youth, and families and in particular - those with emotional & behavioral challenges - that is exceptionally positive and inspiring. Its focus is on strength-building rather than flaw-fixing. It begins with the belief that every young person has or can develop strengths and utilize past successes to mitigate problem behavior and enhance social and academic functioning. This half-day webinar will highlight many of the key principles and techniques of this transforming modality. Areas covered will include: What is strength-based practice & the power of a positive attitude & culture; the effects of trauma and positive emotions on the brain; strength-based communication principles and techniques - including reframing, using solution-focused questions, positive-predicting and inspirational metaphors; encouraging growth vs. fixed mindsets; self-esteem building & activities for at-risk children and youth; how to help cognitively-inflexible young people; why, how, and when to use incentive plans; respectful limit setting; and a host of creative cognitive behavioral strategies.

Session 2: "Use the Force, Luke!" Managing Number One First and Staying Motivated to Do the Job

Working day after day with at-risk children and youth often elicits difficult feelings that can compromise a professional's performance. This presentation examines the major triggers and provides strategies for self-management that keeps enthusiasm alive. Focal points include: how to respond instead of react when personalizing difficult interactions and situations, the need to check personal baggage at the door, the pivotal role of support and how to maintain professionalism when it's lacking, how to maintain staff cohesion and avoid "splitting," and an uplifting definition for success in working with at-risk populations.

About the Presenter:

Youth care specialist Charlie Appelstein, M.S.W., President of Appelstein Training Resources, LLC (ATR) provides expert strength-based training, consultation, publications, CDs, and DVDs for individuals and groups who work with children and youth experiencing emotional and behavioral challenges. Described as "the best youth care trainer in America" by Robert Lieberman, former president of the American Association of Children's Residential Centers, Charlie has devoted his entire adult career to helping children and youth struggling with emotional and behavioral challenges and those who guide them. An engaging, informative, and humorous speaker, Charlie is the author of three critically acclaimed books on youth care and the creator of two innovative CDs that helps kids and parents make better choices and lead happier lives. Charlie's strength-based approach delivers a message of hope and possibility to our most vulnerable youth and those who shape and influence their lives.