

POTTS FAMILY FOUNDATION TRAINING MENU



All training options are offered at no cost to participants and can be customized to fit the needs of your audience. Please contact Haley (hhegwood@pottsfamilyfoundation.org) to learn more or ask about scheduling one or more of our training topics. Each training course can be customized to accommodate a variety of audiences. However, there are some recommended tracks based on professions. We are happy to assist you in deciding what might best fit your needs.

Trainings offered

01. NEAR Science Training
02. Resilience Film Screening
03. The Growing Brain
04. Facilitating Attuned Interactions
05. Bringing The Protective Factors Framework to Life in Your Work

NEAR Science Training This training is for anyone wanting to learn more about how trauma and how early adversity impacts individuals, families, and communities.

Healthcare provider, behavioral health, home visitor, parent/caregiver, ECH Educator, Social Services, Faith Community

Understanding Neuroscience, Epigenetics, Adverse Childhood Experiences, Resilience (N.E.A.R.) This science-informed, evidence-based curriculum walks through:

- i.** How toxic stress and trauma affect the brain (Neurology)
- ii.** How the impact of early adversity and trauma can be transmitted from one generation to the next (Epigenetics)
- iii.** More in-depth information about the findings from the original study (Adverse Childhood Experiences)
- iv.** How to build strength and capacity in individuals and communities (Resilience)

This training can be customized to the audience and timeframe (between one to four hours depending on desired outcomes) and is offered free of charge. Our group of Community Resilience Trainers can deliver the training either virtually or in-person and it can be combined with the Resilience documentary screening.

Resilience Film Screening

Healthcare provider, behavioral health, home visitor, parent/caregiver, ECH Educator, Social Services, Faith Community

Host Resilience Film Screening with panel discussion – This option is designed to raise awareness in communities about the role of ACEs and the important implications of early adversity.

i. Film Synopsis: Imagine the implications if the causes of medical conditions such as heart disease could be linked to adverse childhood experiences, also known as ACEs. That very connection is carefully explored in Resilience, which sheds light on the repercussions of early life traumas. New research shows how previously unconnected links are evident in the health outcomes of adults.

ii. Panel: Can select from several partners within the self-healing communities' network to participate as informed voices to help guide a follow up discussion.

Growing Brain: From Birth to 5 Years Old

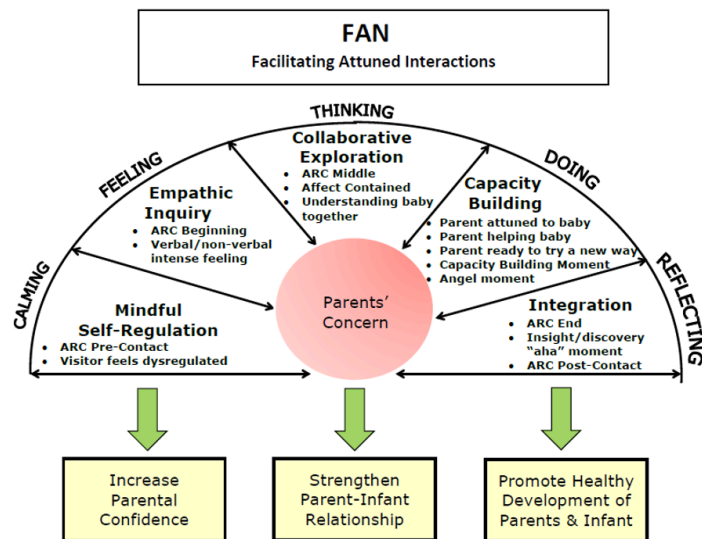
The Growing Brain: From Birth to 5 Years Old curriculum, developed by Zero to Three, fills a unique niche by providing a comprehensive understanding of just how early brain development works, along with ways early childhood professionals and caregivers can encourage healthy brain development in the infants and toddlers they support. Everyone has a role to play in helping babies and toddlers build the foundational connections needed for healthy brain development. The full training includes seven modules that are three hours in length. Each module may be offered as a stand-alone training or part of a series. The Growing Brain Modules include the following topics:

Brain Basics	Factors Affecting Brain Growth and Development	Communication and Language Development	Cognition and Executive Function
Healthcare provider, behavioral health, home visitor, parent/caregiver, ECH Educator, Social Services	Healthcare provider, behavioral health, home visitor, parent/caregiver, ECH Educator, Social Services	Healthcare provider, home visitor, parent/caregiver, ECH Educator, Social Services	Healthcare provider, home visitor, parent/caregiver, ECH Educator
Understand the core concepts of neurodevelopment and the critical role of early experiences.	Explore the genetic and environmental influences on early brain development.	Dive into the processes that underlie early communication and language skills.	Learn about the development of thinking skills and self-control.

<p>Social-Emotional Development:</p> <p>Healthcare provider, home visitor, parent/caregiver, ECH Educator, Social Services</p>	<p>Understanding Behavior:</p> <p>Home visitor, parent/caregiver, ECH Educator, Social Services</p>	<p>Everyday Play:</p> <p>parent/caregiver, ECH Educator,</p>	<p>All 7 modules</p>
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<p>Gain insights into the emotional lives of infants and toddlers and how they form relationships.</p>	<p>Discover the meaning behind behaviors and how to respond effectively.</p>	<p>Recognize the importance of play and how it supports early brain development.</p>	<p>A consecutive schedule of all 7 modules that can fit your needs (example: 3 hour increments, 7 weeks in a row)</p>
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Facilitating Attuned Interactions: Behavioral health, home visitor, Social Services



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Erikson Institute Family Baby Network

- FAN (Facilitating Attuned Interactions) is a conceptual model and practical tool for building relationships and reflective practice.
- FAN is used in programs and systems in 19 states and internationally to promote parent

engagement and provider/parent collaboration.

FAN Training Options:

- **Introduction to FAN**: this is a brief 90 min overview of the FAN, meant for community groups interested in a basic introduction to the framework
- **FAN Overview**: this is a one-day training designed for supervisors and agency leadership interested in bringing FAN to their organization, it provides an overview of the core concepts and practices that make up the FAN
- This training is designed for programs to be well-grounded in the framework and offers support to new practitioners integrating FAN in their day-to-day practice. There are 2 options available depending on your agency's interest:
 - **Level I Core Training**: 2 days of live training, can be held in-person or virtually
 - **Level II**: includes Level I Core Training (2 days); Reflective Practice (6 months of mentored support); and an on-site Integration Day (1 day)

Bringing The Protective Factors Framework to Life in Your Work This training is researched informed & strength based. It can be fully customized to fit your agency or organization needs.

Healthcare provider, behavioral health, home visitor, parent/caregiver, ECH Educator, Social Services, Faith Community

Introduction and Overview: This course will provide an overview of the Strengthening Families movement and the protective factors framework and ideas for how you can apply these concepts in your work. This training is designed to be used by anyone who works with children and families – in any field. (min. 1 hour max. 2 hours)

Parental Resilience: This course will provide an overview of Parental Resilience within the Strengthening Families movement and two types of strategies that programs can use to build parental resilience. (min. 1 hour max. 2 hours)

Concrete Support: This course provides a look at how providing real help to families at times when they need it most can help fortify families, minimize the stress they are experiencing and help them take care of their children despite the circumstances they face. (min. 1 hour max. 2 hours)

Social Connections: As a part of this course, we will discuss the meaning of positive social connections and the role they play in helping families to be strong, reducing the vulnerability of

children. You will also learn about an effective program strategy that can be used to build social connections: facilitating friendships and mutual support. Implementing this strategy will result in everyday actions that intentionally seek to build positive social connections. We will explore four specific types of everyday actions that help families build social connections. (min. 1 hour max. 2 hours)

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Knowledge of Parenting and Child Development: This course provides an overview of one of the Strengthening Families Protective Factors, "Knowledge of Parenting and Child Development". We will discuss why this type of knowledge is critical for keeping children safe. The course will review how formal and informal education, role modeling, and "just-in-time" information sharing can help to strengthen parenting - one of the program strategies in the Protective Factors Framework. (min. 1 hour max. 2 hours)

Social and Emotional Competence of Children: This course will address the importance of helping children become more capable of handling life's challenges - socially and emotionally - as they grow. Children's social and emotional competence is seen in their ability to communicate clearly, recognize and regulate their emotions, establish and maintain relationships with others, and engage in problem solving and conflict resolution. These competencies emerge gradually as a natural developmental process. In this course, we will explore this protective factor and suggest strategies you can use to help build these skills with the children and families you encounter in your work. (min. 1 hour max. 2 hours)

Strengthening Families Wrap Up: Moving from Knowledge to Action: This course is intended to help you to feel confident in your understanding of the Strengthening Families Protective Factors Framework, the five protective factors, and the seven program strategies. You will be able to recognize the role that systems and policy changes can play in establishing this way of working with families as "the new normal." We hope you will begin integrating these ideas into your work, or continue doing so if you have already started. (30 min- 1 hour)

Self Healing Communities: Healthcare provider, behavioral health, home visitor, parent/caregiver, ECH Educator, Social Services, Faith Community

This is a comprehensive framework for building community capacity for transformational change by developing cross-sector networks and nurturing and empowering local leaders to think about the whole system and not just their part of the system.

This learning community meets via monthly Zoom on the 4th Thursday at 10:00 a.m.

We are open to ideas of training and assistance that can help organizations that serve young children and their families. If you have a training that could be helpful to your work, please contact us.

Contact Information

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"There is no power for change greater than a community discovering what it cares about."

– Margaret Wheatley