

Familylinks Training Institute

July / December
Trainings



Understanding & Preventing Harassment in the Workplace (Virtual)

August 21, 2023

9:30 – 12:30

Amato

\$60 – (includes LSW credits)

Discover how to deal with the main types of illegal harassment that occur in the workplace based on an employee's race or color, religion, national origin, or disability. Harassment training is not required under federal law, but it can play a critical role in people's ability to deal with it. While many states have enacted legislation specifically requiring sexual harassment training, none have mandatory training for other types of illegal harassment. Even if not required by law, court decisions, and Equal Employment Opportunity Commission (EEOC) Guidelines make clear that training for all types of harassment may be critical in raising a defense and avoiding punitive damages in harassment lawsuits. Learn what behaviors are associated with different types of harassment as well as effective ways to confront and resolve them.

LGBTQ Drug & Alcohol Health Disparities (Live)

August 23, 2023

9:30 – 12:30

Melissa Perkins

\$60 – (includes LSW credits)

This training is designed to increase awareness of the drug & alcohol health disparities that exist in the LGBTQ community. Participants will gain an understanding regarding how issues of heterosexism, homophobia, gender phobia, and internalized homophobia affect LGBTQ clients, and impact the health disparities. The health disparities that plague some LGBTQ individuals will be examined, but particular emphasis will be placed on the unique nuances of working with LGBTQ clients dealing with addiction – gambling, drug, and alcohol. Participants will consider strategies to improve LGBTQ clients experience in receiving services.

Autism and the Brain (Virtual)

August 31, 2023

9:30 – 12:30

Patty Maxwell

\$60 – (includes LSW credits)

The brain is one of the largest and most complex organs in the human body. The brain of a person with Autism is even more complicated. In this training we will look at the Autistic brain vs the non-Autistic brain. We will dive into the differences in the Autistic brain between children and adults, females and males, and growth rates of people on the Autism spectrum.

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Managing Time Effectively (Virtual)

September 11, 2023

9:30 – 12:30

John Amato

\$60 – (includes LSW credits)

Discover new ways to manage yourself—and your time—in order to significantly reduce stress and feelings of being out of control. In today’s busy world, it’s easy to feel as if there are never enough hours in the day to complete tasks. Although time is not adaptable, human behavior can be changed. This session provides the tools needed to organize and simplify workloads.

Unleashing Employee Potential: Five Essential Keys to Achieving High Engagement (Virtual)

September 26, 2023

9:30 – 12:30

Tom Sullivan

\$60 – (includes LSW credits)

Amid ongoing changes and transitions facing organizations today, retaining top-performing employees is more critical than ever. Leaders acknowledge that employee engagement is essential for driving passion and productivity. However, grasping the drivers behind engagement can be challenging. This workshop aims to provide an understanding of the five crucial elements of employee engagement and equip leaders with practical ways to elevate their own and their team's engagement levels. You will gain a comprehensive understanding of employee engagement and its significance in today’s workplaces. A proven model for assessing and discussing engagement at all levels will be discussed. You will also discover practices for enhancing team members' engagement while taking responsibility for their own.

Managing Difficult Conversations with Challenging Employees (Virtual)

October 9, 2023

9:30 – 12:30

John Amato

\$60 – (includes LSW credits)

As leaders, coaching our employees to succeed is one of our major responsibilities. While wishing it just entailed sharing positive feedback, we must also ensure our employees are meeting performance standards. Unfortunately, that often requires us to be responsible for managing difficult conversations along the way. We will explore some of the reasons for being uncomfortable with these conversations as well as discover methods for increasing our confidence in these skills. We will also understand the relationship these conversations have with an accountable team.

For registration information, email:
training@familylinks.org

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Medical Marijuana in Pennsylvania (Live)

October 18, 2023

9:30 – 4:30

Mike Palladini

\$120 – (includes LSW credits)

This training will describe the Medical Marijuana Act in Pennsylvania. All legal aspects of medical marijuana use will be reviewed. The history of the cannabis plant and its medical value will be explored, with a focus on the various cannabinoids and their perceived value in the identified therapeutic areas of interest. Attendees will review the products that are available to patients through participation in the program and inventory within a dispensary. The effects and issues of cannabis use will be explored and discussed, along with current research, potential medicines, and the prevalence and characteristics of cannabis use disorder.

Anxiety & Depression in Children (Virtual)

October 19, 2023

9:30 – 12:30

Patty Maxwell

\$60 – (includes LSW credits)

During this presentation, we will take a closer look at how to identify and recognize signs of anxiety and depression in children and adolescents. We will discuss concrete techniques and strategies to better help and understand how to guide children and families who are experiencing these concerns. We will explore self-care and a therapeutic mindset for the children, families and professionals who support them.

Leadership and Managing Change (Virtual)

October 25, 2023

9:30 – 12:30

John Amato

\$60 – (includes LSW credits)

Learn how to lead an organization effectively amid significant change. The typical response to this transformation is resistance on the part of employees and leaders can inadvertently add to this resistance. This session will provide leaders with the skills to provoke organizational change and become “change agents” within their workplace.

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training@familylinks.org

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Trauma Informed Care (Live)

October 26, 2023

9:30 – 4:30

Alissa Klugh

\$120.00 (includes LSW credits)

Enhance your knowledge and ability to understand, empathize, and support how your clients' history can impact their daily functioning with trauma-informed treatment. Learn more about trauma-informed care, an inclusive approach that allows clients (and the clinician) to discover the effects that their lives' events and perceptions of those events on daily mood, interactions, assumptions, thoughts, feelings, and behaviors. Based on principles of evidenced-based practices that come together to formulate an overall understanding of trauma's effects on the body and mind, it is designed to produce self-awareness, patterns of responding to stress, and psychoeducation, which can lead to a shift in thinking, feeling, and behaving. Instead of guiding client with basic processing, trauma-informed care works in conjunction with other treatment principles to get a handle on the underlying beliefs that drive our thinking, perceptions, and interpersonal relationships.

Clinical Practice with LGBTQ+ Clients (Live)

November 8, 2023

9:30 – 12:30

Melissa Perkins

\$60 – (includes LSW credits)

This training is designed provide clinicians with insight into working with LGBTQ clients. The fluidity of sexual and gender identity, the context of discrimination, and the health disparities are reviewed. The role of the clinician will be discussed to include best practices along with some of the missteps that can occur during the therapeutic journey.

The Impact of Stigma on Consumers with Behavioral Health Disorders (V)

November 17, 2023

9:30 – 12:30

Lori Abbott

\$60 – (includes LSW credits)

Develop an awareness of research related to the adverse effects of internal and external stigmas on consumers with behavioral health disorders. Gain clarity on the definition and recognize strategies for identifying and avoiding stigmatizing language. Understand how our perceptions and attitudes may have an adverse impact on consumers. Learn tools to eliminate stigmatizing language and activities within healthcare settings and review the use of the recovery process for those with behavioral health disorders. This will include use of recovery-oriented language when discussing these disorders.

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Where to Begin with Some of the Most Challenging Families We Work With (Virtual)

November 28, 2023

9:30 – 12:30

Patty Maxwell

\$60 – (includes LSW credits)

Have you ever felt completely at a loss when starting to work with a new family? Working with families can be difficult and draining, especially for a challenging family. During this training we will take a step back to some of the basics. Relationship building, listening skills, boundaries, and self-advocacy for our families and for ourselves are just a few of the topics we will dive into during this presentation. Baby steps are steps and sometimes we forget to celebrate these wins when working with families in this field.

Intimate Partner Violence (live)

November 30, 2023

9:30 – 4:30

Tricia Underwood

\$120 – (includes LSW credits)

Intimate partner violence cuts across all relationship types, socio-economic levels, races & religions. Physical violence is typically accompanied by emotional abuse that can lead to various psychological consequences for victims such as depression, fear of intimacy and loss of self-esteem. To support the safety of the entire family, we must consider how to approach not only victims but also batterers. This means identifying our own fears and bias when working with families where IPV is present. This workshop will delve into the details of how power and control is used within relationships. Specific barriers for underserved populations will be explored. Participants will identify considerations for safety planning.

**All In Person Trainings will be held at:
The Familylinks Training Center
401 North Highland Avenue
Pittsburgh Pa, 15206**



Familylinks Training institute

About the Presenters:

Lori Abbott, MA, LPC

Lori is a Licensed Professional Counselor (LPC). She is an Associate Program Implementation Specialist in the Program Evaluation and Research Unit (PERU) of the University of Pittsburgh's School of Pharmacy. Within PERU, Ms. Abbott has worked across several programs providing technical assistance in establishing both SBIRT and Medication for Opioid Use Disorder (MOUD) in primary care and single county authority (SCA) settings. Additionally, Ms. Abbott has provided over 50 trainings to both PERU staff and stakeholders. Ms. Abbott has worked for over 25 years with children, adolescents, adults, and families experiencing both mental health and drug and alcohol issues. Ms. Abbott brings with her extensive history and expertise to both areas. Ms. Abbott has over 15 years of training experience with stakeholders and clinical staff. She has been able to utilize this expertise to provide clinical support to the PERU team and stakeholders.

John Amato, M.Ed.

John is the Director of Training and Consultation Services at Familylinks. He has 40 years of clinical, managerial, and training experience in social services. He is a certified trainer for the Pennsylvania Child Welfare Resource Center. Since 1994, John has delivered hundreds of workshops and has provided consultation and training in the areas of leadership, and team development. He has also provided trainings on chemical dependency and recovery and at-risk youth related issues. John earned his master's degree from the University of Pittsburgh in 1980. In February 2014, John became a Certified Situational Leadership Experience trainer. In October of 2015, he became a Predictive Index Analyst. In June of 2020 John earned his certification as a Modern Classroom Certified Virtual Trainer (MCCT).

Alissa Klugh MS, LPC, CIMHP, CCTP-II, CTMH

Alissa is a Licensed Professional Counselor (LPC). She owns and sees clients at Pittsburgh Psychotherapy Associates, LLC, in the North Hills of Pittsburgh. As an alumnus of the University of Pittsburgh, she obtained her master's degree in Rehabilitation Counseling and a bachelor's degree in psychology with a minor in Biology. She is Certified as an Integrative Mental Health Provider, Telemental Health Professional, and Clinical Trauma Professional. Alissa recognizes the connection between the mind and body and uses this in practice. She is a Beachbody coach and Reiki Master (Level III). With over 16 years of experience in the mental health field, Alissa has worked with children, adolescents, adults, families, and couples on their growth and change. She has worked with individuals struggling with depression, anxiety, trauma, mood disorders, anger management, self-improvement, co-parenting after separation/divorce, working through major life stressors, and building self-esteem by helping them find a new path. Alissa has taken her many years of working in direct care, private practice, and managing a mental health program for individuals with severe mental health needs and applied it to her skill set to bring information-seekers a better understanding of trauma, vicarious trauma, and healing in practice.

Patty Maxwell, M.Ed., M.S., BS

Patty is a licensed Behavior Specialist (BSL) with over 20 years of experience working throughout the mental health field in various positions including wraparound, intensive case management, family based mental health services and Early Intervention. She is the owner of Engage Kidz LLC and currently supports children and families virtually, in-home, school and in communities. Patty also supports teachers and professionals by coaching them through tough behavioral challenges and offers small and large group trainings. Her various educational background and experiences have allowed her to work with a wide range of ages (birth through adulthood) and supporting an array of learning abilities including individuals with autism, learning disabilities, behavioral challenges, intellectual disabilities and emotional disorders.

Melissa Perkins, MEd, MPPM

Melissa has over 25 years of experience working in social services. She has provided direct care to adolescent youth in residential programs; managed a youth residential program; provided individual mental health and drug and alcohol therapy; provided drug and alcohol group therapy; facilitated court ordered Batterer's Intervention Groups; and, most recently she has focused on providing training focusing on LGBTQ+ issues. Melissa holds two master's degrees: one in Education (Counseling) from Duquesne University and the other in Public Policy Management from the University of Pittsburgh.

Michael Palladini, RPh, MBA

Mike has over 20 years of work experience in hospital, retail, and long-term care pharmacy. He is currently the Clinical Educator at Alosa Health. He has helped to develop and instruct in pharmacy technician programs, has been involved in action committees to address prescription drug abuse, and has been a certified trainer for PA Certification Board and the PA Department of Drug and Alcohol Programs for many years. He is the founder of Three Suns Publishing; a sole proprietorship developed to educate and inform interested parties in the areas of drug addiction. He has published 2 books: "Drugs of Abuse: From Doctors to Dealers, Users and Healers" and most recently, "Spellbound and Sensationless, A Drug War Vision."

Tom Sullivan, MPA, PCC

Tom is a former nonprofit human resources executive specializing in talent management and organizational development with twenty-five years of experience working within complex and geographically diverse organizations. Today, he is the founder and CEO of ProGrowth Associates providing coaching and consultation services to executives and business and service line leaders within corporate, academia, and non-profit organizations. Tom works closely with CEO's, senior leadership teams, and HR business partners as a trusted advisor and consultant across a broad range of industries. He has led enterprise-wide solutions for assessing, selecting, and developing talent, and building positive workplace cultures. Tom is an accredited facilitator and certified instructor for multiple leadership, team, and organizational development models, and presents seminars throughout North America and Europe.

Tricia Underwood, M.Ed.

Tricia is a Child Welfare Training Specialist through the University of Pittsburgh Child Welfare Resource Center. For the past 9 years she has trained Child Protective Caseworkers at Allegheny County CYF. Prior to her work with CYF, Tricia taught trauma training for provider agencies across western PA. While working for PAAR, she not only trained on violence prevention, but also facilitated sexual and domestic violence groups for women in early recovery and at the Allegheny County Jail.