



Familylinks

Training Institute

October/December 2021 Webinars



Autism 101

October 12, 2021

9:30 – 12:30

Patty Maxwell

\$60 – (includes LSW and PCB credits)

Autism is on the rise. According to the CDC in 2020, approximately 1 in 54 children in the United States is diagnosed with Autism. We as professionals need to know how to manage these concerns in our schools, classrooms, offices and communities. This webinar will help you recognize: 1-Red flags: What behaviors to keep an eye on and when is it time for the next step. 2-How to have that uncomfortable conversation with a family about further investigation and follow up with a doctor with compassion, honesty and professionalism. 3-What comes next: Helping a family navigate the system, finding resources, how to help them understand all of the information and how to be a positive support through a very difficult and emotional time.

DSM V Series, Session #3:

Disruptive, Impulse-Control and Conduct Disorders

October 12, 2021

12:00 – 1:30

Lauren Pulinka

\$30 – (includes LSW and PCB credits)

This session will explore disorders commonly diagnosed in childhood and hallmarked by significant behavioral issues. Focus of this session will be Oppositional Defiant Disorder and Conduct Disorder.

DSM V Series, Session #4:

Bipolar and Related Disorders

October 22, 2021

12:00 – 1:30

Lauren Pulinka

\$30 – (includes LSW and PCB credits)

This session will explore what were previously described as mood disorders or Manic-Depressive Disorders. These disorders are distinguished by periods of high mood or mania or hypomania with a focus on Bipolar I and Bipolar II.

For registration information, email; dmurphy@familylinks.org



Familylinks

Training Institute

October/December
2021 Webinars (2)



Leadership Series:

Managing Conflict in The Workplace

October 25, 2021

9:30 – 12:30

John Amato

\$60 – (includes LSW and PCB credits)

Examine common causes of workplace conflict and hone your ability to identify a variety of approaches to conflict resolution, creating a space where it is viewed as an opportunity for growth and change in a work environment. Strengthen your ability to solve problems or manage change, as this plays an important role in success. When conflict is unresolved, it takes on a life of its own and eventually produces damage that could have been prevented. In order to create a workplace where employees and business will thrive, a leader must develop effective conflict management skills.

Self-Care and the Practitioner

October 29, 2021

9:30 – 12:30

John Amato

\$60 – (includes LSW and PCB credits)

If you were asked this simple question: “Do you take care of yourself?” probably most of us would instinctively answer “Yes, of course I do.” If asked a more specific question, such as “How do you take care of yourself?” – well, the response may get a bit more complicated. In essence, this is what self-care is - anything that we deliberately do (or refrain from doing) with our own well-being in mind. It means giving ourselves the same grace, compassion, and care that we give to others. As critical as it is, it is also the one activity we say, “we never have time for.” This session will focus on why self – care is essential for practitioners, what happens to us if we do not practice it, and how to create a specific action plan that we will truly follow.

DSM V Series, Session #5:

Depressive Disorders

November 2, 2021

12:00 – 1:30

Lauren Pulinka

\$30 – (includes LSW and PCB credits)

This session will include an overview of the DSM chapter on depressive disorders with a focus on Major Depressive Disorder and Dysthymia. The hallmark of these disorders are low mood that oftentimes will result in suicidal ideation.

For registration information, email; dmurphy@familylinks.org

Familylinks Training Institute

October/December
2021 Webinars (3)



Autism and the Brain

November 9, 2021

9:30 – 12:30

Patty Maxwell

\$60 – (includes LSW and PCB 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.

Leadership Series:

Having Difficult Conversations with Employees

November 11, 2021

9:30 – 12:30

John Amato

\$60 – (includes LSW and PCB credits)

As leaders, coaching our employees to succeed is one of our major responsibilities. While we wish that 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.

DSM V Series, Session #6:

Anxiety Disorders

November 19, 2021

12:00 – 1:30

Lauren Pulinka

\$30 – (includes LSW and PCB credits)

This session will explore the anxiety disorders which are characterized by fear and worry. Focus will be on Social Anxiety Disorder and Generalized Anxiety Disorder.

For registration information, email; dmurphy@familylinks.org



Familylinks

Training Institute

October/December 2021 Webinars (4)



Enhancing Critical Thinking Skills

Part One – December 8, 2021

Part Two – December 17, 2021

9:30 – 12:30

John Amato

\$120 – (includes LSW and PCB credits)

Everyone thinks; it is our nature to do so. But much of our thinking, left to itself, is biased, distorted, partial, uninformed or down-right prejudiced. Yet the quality of our work depends precisely on the quality of our thought. Shoddy thinking can be costly. The people we serve may be misunderstood and misjudged if thinking critically does not take place in a social context. Critical thinking is a skill that can be systematically cultivated. Learn skills to help objectively examine a variety of factors, consider their importance and impact on our course of action, while simultaneously maintaining professional detachment and a non-biased attitude.

Fostering Childhood Development and Identifying “Red Flags” on when Referral Is Necessary

December 13, 2021

9:30 – 12:30

Katie Shroyer

\$60 – (includes LSW and PCB credits)

A lot happens in the first five years of life! It is so hard to know what developmental milestones are supposed to happen and when they are supposed to happen. Developmental milestones form the building blocks for lifelong growth and continued learning. This training will focus on developing a working knowledge of typical gross and fine motor development, effective and efficient ways to monitor development, and key “red flags” to help identify atypical development which may warrant a referral for additional support. This training will also provide common positioning and handling techniques that can be used to promote overall learning and social skill development.

For registration information, email; dmurphy@familylinks.org



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About the Presenters

John Amato, M.Ed., 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).

Patty Maxwell 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.

Lauren Pulinka, LCSW, is the Program Manager in Behavioral Health at Familylinks. She completed her Undergraduate degree in Psychology and Interpersonal Communication from the University of Delaware and went onto complete her master's in social work at University of Pittsburgh, specializing in Direct Practice with individuals with mental health issues. During her therapeutic career, she has worked with children in their homes, adults with mental health and substance use disorders and adults in an Acute Partial Hospitalization Program. As a manager, she has overseen outpatient psychiatric clinics, substance use programs and residential programs for adults. Currently at Familylinks, she is a Program Manager in Behavioral Health, overseeing School-Based Therapy, Therapeutic Classroom Management programs and Mobile Mental Health.

Katie Shroyer is a licensed physical therapist with over 17 years of clinical experience in acute care, inpatient rehabilitation, outpatient rehabilitation, teletherapy, home based, daycare based, and school based physical therapy. She received her transitional doctorate degree of physical therapy from Chatham University with an emphasis on pediatrics and geriatrics. Katie also holds a Brain Injury Specialist Certification. Currently, Katie serves as adjunct faculty at Chatham University as a lab assistant, guest lecturer, and small group facilitator in the doctorate of physical therapy program. She has also served as adjunct faculty at the University of Pittsburgh School of Education, served on a doctoral dissertation committee through Drexel University, co-published an article titled "Relationships Among Measures of Balance, Gait, and Community Integration in People with Brain Injury" and created an online pediatric module for those studying to take the APTA's NCS examination. Katie has presented at multiple local, state, and national conferences, including the National Section on Pediatrics Annual Conference regarding "Families First: Implementation of a Care Coordination Program to Enhance the Outcomes of Children with Special Needs."