

# Familylinks

## Training Institute

April/June  
2021 Webinars



### **Managing Conflict in the Workplace**

**April 7, 2021**

**9:30 – 12:30**

**John Amato**

**\$55 – (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.

### **The Complex Emotional Needs of Children Exposed to Parental Substance Misuse**

**April 15, 2021**

**9:30 – 12:30**

**Erin Troup**

**\$55 – (includes LSW and PCB credits)**

Research published from the U.S. Center for Disease Control and Prevention (CDC) found that suicide rates increased by 25 percent across the country over nearly two decades. More than half of those who died by suicide had not been diagnosed with a mental health condition, CNN reported. Carefully review medical records and conversations with family members of the victims, this study also reveals that 90 percent had evidence of a mental health condition. In this training, participants will gain an understanding of many of the factors that contribute to suicide, including risk and protective factors, warning signs, and lethality. Assessment and intervention strategies will also be discussed.

### **Self-Care and the Practitioner**

**April 22, 2021**

**9:30 – 12:30**

**John Amato**

**\$55 – (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 really 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.

For registration information, email; [dmurphy@familylinks.org](mailto:dmurphy@familylinks.org)

# Familylinks

## Training Institute

April/June  
2021 Webinars (2)



### **Autism Series:**

#### **Module 4 - Autism and Communication**

**April 27, 2021**

**9:30 – 12:30**

**Patty Maxwell**

**\$55 – (includes LSW and PCB credits)**

Communication challenges have always been a large concern related to Autism. Communication is more than just words. In fact, communication is actually quite complex. In this presentation, we will define communication, explore different modes of communication, and try to figure out what the best fit is for your child. Parents and professionals will gain a better understanding of how to evaluate and assist with their child's communication needs and explore specific techniques and interventions.

#### **Integrative and Alternative Care**

**Part 1 -May 5, 2021, 9:30 – 12:30**

**Part 2 – May 6, 2021, 9:30 – 12:30**

**Alissa Klugh**

**\$110 – (includes LSW and PCB credits)**

Enhance your knowledge to provide clients with a comprehensive look at their mental health and the factors that influence it. Learn more about alternative and integrative care, an approach that allows people to discover how what they put into and do with their bodies can affect their daily mood and behaviors. The principles of this practice are designed to produce nutritional, mind, and body awareness that can enhance traditional clinical work. Instead of guiding client with basic processing and other well-known clinical practices, Integrative and Alternative Care works to get a handle on the physical factors that lie within us which affect our mental and overall health.

#### **Understanding and Preventing Harassment in the Workplace**

**May 14, 2021**

**9:30 – 12:30**

**John Amato**

**\$55 – (includes LSW and PCB credits)**

Discover how to deal with the many varieties 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 has 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 confronting and resolving them.

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# Familylinks Training Institute

April/June

2021 Webinars (3)



## **Autism Series:**

### **Module 5 - Autism and Medical Conditions Typically Associated with Autism**

**May 25, 2021**

**9:30 – 12:30**

**Patty Maxwell**

**\$55 – (includes LSW and PCB credits)**

Navigating the world of Autism is not an easy task. We will take a look at some of the medical issues, conditions, and other diagnoses that a child with Autism could be facing. During this training we look at medication management as well as alternative approaches and the pro's and con's associated with these choices.

### **Leadership and Emotional Intelligence**

**May 27, 2021**

**9:30 – 12:30**

**Amato**

**\$55 – (includes LSW and PCB credits)**

Tune into the importance of emotional intelligence and interpersonal relationships in the workplace. Connecting with colleagues and employees on a genuine level is a direct result of high emotional intelligence and leads to better working relationships. Find out how self-awareness, social awareness, self-management, and social skills influence the way people handle themselves and their relationships. Also, discover how these strengths play a bigger role than cognitive intelligence in determining success in life and in work, as studied by Daniel Goleman, author of Emotional Intelligence and other writings on this subject.

### **Essential Tools To Bring The "Super" To Supervision**

**June 3, 2021**

**9:30 – 12:30**

**John Amato**

**\$55 – (includes LSW and PCB credits)**

One of the most critical roles in organizations that challenge leaders today is the ability to effectively supervise employees. Simply telling people what to do does not guarantee success. It also does not guarantee a motivated workforce. Supervisors today know that a strong relationship with their employees is the critical foundation for help employees do what is expected of them in a high-quality way. Oftentimes, however, supervisors are provided the least amount of training to develop the essential skills needed to be successful.

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## Training Institute

April/June 2021

### Webinars (4)



#### **The Impact Of Stigma On Consumers With Behavioral Health Disorders**

**June 22, 2021**

**9:30 – 12:30**

**Lori Abbott**

**\$55 – (includes LSW and PCB credits)**

Develop an awareness of research related to the adverse effects of internal and external stigma 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.

#### **Autism Series:**

#### **Session 6 - Autism and Supporting Families**

**June 29, 2021**

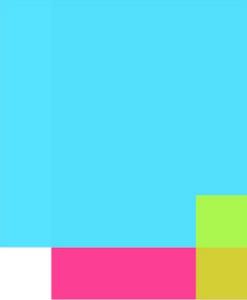
**9:30 – 12:30**

**Patty Maxwell**

**\$55 – (includes LSW and PCB credits)**

Raising children is a full-time job. Raising a child with Autism can be even more intense! In this training we will look at different ways to not only support the child with Autism but also how to support their families so that they are able to thrive as a whole. We will dive into different types of supports, coping techniques and even discuss safety plans. We will look at the whole picture including education, health, safety and future planning.

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# Familylinks

## Training Institute

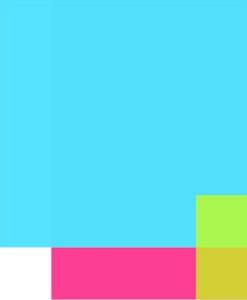
### About the Presenters

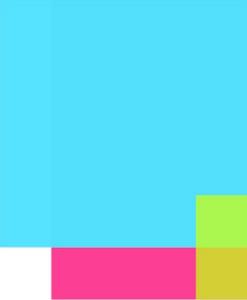
**John Amato**, MEd, is the Director of Training and Consultation Services at Familylinks. He has 40 years of clinical, managerial and training experience in social services. He is a certified trainer for the Pennsylvania Child Welfare Resource Center. Since 1994, John has delivered hundreds of workshops 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).

**Lori Abbott** 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 of these 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.

**Alissa Klugh** is a Licensed Professional Counselor (LPC). She owns and see clients at Pittsburgh Psychotherapy Associates, LLC, in the North Hills of Pittsburgh. As an alumna 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 in the process of becoming a Certified Mental Health Integrative Medicine Provider and is a Beachbody coach. She is someone who believes in whole-self wellness and her background and current practice reflects belief.

She helps children, adolescents, families, individuals, and adults, find healthy perceptions of themselves, strengthen their relationships, improve their communication and interactions with others, incorporate nutrition and physical health into their lives, and helps others find guidance so that they can feel complete, safe, hopeful, and at peace. Alissa understands that no single approach is right for every individual, so she provides an eclectic compilation of what works best for each person, including CBT, DBT, EFT, Motivational Interviewing, and so much more. With over 13 years of experience in the mental health field, Alissa worked with children and their families of many ages and backgrounds on their growth and change. She has worked with individuals struggling with depression, anxiety, 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 worked in direct care and managed a mental health program for individuals with severe mental health needs.





# Familylinks Training Institute

## About the Presenters (2)

**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.

**Erin Troup** is a Licensed Professional Counselor and the owner of Sprout Center for Emotional Growth and Development, LLC a private practice in Pittsburgh, PA specializing in early childhood social emotional needs, particularly attachment, grief & loss, trauma and anxiety. Erin earned her undergraduate degree in psychology and child development from Indiana University of Pennsylvania. She attended Chatham University for her MS in counseling and earned her Infant Mental Health Certificate in Pennsylvania's first Infant Mental Health cohort. Erin has worked in the fields of Mental Health, Early Intervention and Behavioral Health service for over 15 years. She has presented on a variety of topics including mental health, grief and loss, social emotional and child development throughout the United States; but she calls Pittsburgh Pennsylvania home. She is the board secretary for The Pennsylvania Association for Infant Mental Health and a member of The Association for Death Education and Counseling. Erin also provides clinical and Reflective supervision for individuals seeking Licensure and Infant Mental Health Endorsement.