

## Basics of Trauma

This course introduces Youth Development Professionals to the definition of trauma and how it affects individual thinking and behavior. Participants will learn about the concept of trauma, the prevalence of trauma within our society, how youth may be experiencing and responding to their trauma within the Club setting and start to develop an understanding of trauma-informed practice.

[September 15, 2021](#)  
[October 13, 2021](#)  
[November 10, 2021](#)  
[December 8, 2021](#)  
[January 12, 2022](#)

2:00pm – 4:00pm ET

## Trauma-Informed for YDPs

This course introduces Youth Development Professionals to trauma-informed practices to be used in Club settings. Participants will learn how to identify the principles of trauma-informed practices, develop activities that are trauma-informed for working with youth, and gain an understanding of how to start to make Club settings more trauma-informed.

[September 29, 2021](#)  
[October 27, 2021](#)  
[November 17, 2021](#)  
[December 15, 2021](#)  
[January 26, 2022](#)

2:00pm – 4:00pm ET

## Mental Health Webinar Series

### Mental Health 101

Mental health and wellness are just as important as physical health. Mental health is an aspect of an individual's overall wellness that includes thoughts, feelings, and behaviors. Since we all experience these things, mental health challenges are not that uncommon. More than one in five teens has had a mental health disorder that impaired their ability to function at home, school or in the community. Some 50% of all mental illness begins by age 14. This 1-hour presentation will provide an overview of key warning signs, how to respond, and how to get help.

[November 3, 2021](#)

3:00pm – 4:00pm ET

### Suicide Prevention

Suicide is the 2nd leading cause of death for youth aged 10 – 19 years old and impacts youth and families of all backgrounds and cultures. Suicide prevention requires early intervention, creating a supportive environment, and helping young people access the resources and support they need. In this 1-hour presentation, experts in the field of suicide prevention will provide an overview of what to look for and what to do to keep youth safe.

[January 18, 2022](#)

3:00pm – 4:00pm ET

# Training Calendar

## September 2021 – January 2022



# TRAUMA informed

**Coffee Chats** are Club-centered discussions that offer the opportunity to come together with other Clubs around a specific topic related to trauma-informed practice. These highly interactive discussions focus on your needs and provide the chance to share insights and ideas, identify opportunities for collaboration, seek solutions and identify actions.

### **National Trainers Initiative (NTI) & Trauma- Informed Trainings**

The National Trainers Initiative (NTI) provides opportunities for every Boys & Girls Club Organization to have in-house certified trainer(s). There are three different levels of National Trainers- Learning Coaches, Tier 1, and Tier 2. As trainers advance from one level to the next, they gain access to more training materials to use with their local Club staff, and eventually staff at other Boys & Girls Club Organizations.

[September 14, 2021](#)

3:00pm – 4:00pm ET

There are three trauma- informed trainings for NTI trainers in the [BGCA Catalog of Learning](#) - Emotional Safety, Basics of Trauma and Trauma-Informed Practices for YDPs. In this coffee chat, we'll discuss the benefits of these trainings and how you can become a certified national trainer.

### **Partnering with Local Mental Health Services**

Within our Clubs partnering with our local community creates a supportive environment, but also promotes intentional trauma-informed practices and opportunities of equity and inclusion. This seminar with Boys & Girls Clubs of Snohomish County will focus on strategies and ideas to collaborate with organizations within the local community, such as mental health services, and being intentional in trauma-informed practices.

[October 12, 2021](#)

3:00pm – 4:00pm ET

### **Trauma-Informed Practices: Native Cultural Perspectives**

Within our Clubs and communities our strength comes from not only the diversity of a population but also the intentional trauma-informed practices and opportunities of equity and inclusion. This seminar will focus on cultural trauma-informed perspectives from our Native Clubs to continue highlighting the intersection of diversity, equity and inclusion and being trauma-informed.

[November 9, 2021](#)

3:00pm – 4:00pm ET

### **Compassion Fatigue & Staff**

There is a growing body of research that stresses how social support in the workplace improves staff well-being. Boys & Girls Club staff work tirelessly to support our youth. This type of caring work can take a toll. At times, while helping others, staff are also addressing their own individual challenges. This Coffee Chat will highlight some of the stressors that staff experience and address strategies to support staff wellness.

[December 14, 2021](#)

3:00pm – 4:00pm ET

### **Continuous Quality Improvement (CQI) and Trauma-Informed Practices**

Becoming a trauma-informed Club organization is a marathon, not a sprint. But you don't have to wait for ages to see and celebrate the results of your efforts. This Coffee Chat will address the expected impact of trauma-informed practice at various stages in the process and help clarify how you can measure your successes.

[January 19, 2021](#)

3:00pm – 4:00pm ET