

Mindful Mon-Yayy!!

Join the Amerigroup GF360° Education and Training team for dynamic and enriching training sessions! We're thrilled to present our March lineup of educational programs and resources. Our weekly trainings, running from Monday to Thursday, promise to be empowering and engaging.



At our F.O.C.U.S. 360° Institute, you'll gain direct insights from certified and licensed experts in various fields. Upon completion of each training session, certificates of attendance will be issued. *Note: Upon completion of each training, the survey must be completed from a computer. The certificate will not load using your mobile device or tablet. When your certificate loads, simply type in your name and the date of the webinar. Then click save. If you have already completed the survey from your computer following the webinar, you do not need to complete the survey again. If you have any questions, please email ga360trng@amerigroup.com*

We warmly invite all caregivers, licensed professionals, providers, partners, and transition age youth to participate in this valuable learning opportunity. Let's embark on this educational journey together - we can't wait to Edu-Train You!



The month of March is awareness for Sleep Disorders, Brain Injury, National Drug & Alcohol Facts week, Development Disability, Self-Injury Awareness Day, Social Worker, Women's History

TRAININGS



Diagnosis: Trafficked

Date/time: Tuesday, March 5, 2024 | 11:00 AM EST

Presenter: Ronald Dunham, Foundational Education & Training Representative

We are excited to announce our upcoming webinar, Diagnosis: Trafficked, which will focus on the identification and support of victims of human trafficking. This webinar is perfect for healthcare

professionals, social workers, foster parents and anyone interested in learning more about this important topic.

Join us as we discuss the signs of trafficking, the challenges faced by survivors, and strategies for providing effective care. Our presenter will share their insights and experiences, and there will be opportunities for questions and discussion. Don't miss out on this valuable learning opportunity - register now for Diagnosis: Trafficked [click here to register](#)

Amerigroup Georgia Families 360° Presents: Tapping Into My Destiny

Date/time: Thursday, March 7, 2024 | 6:00 PM EST



Presenter: Andrea Elam, MS, LPC, CPCS

It's the month to celebrate social workers and all the great work they do! We want to take this opportunity to show our appreciation for the tireless efforts of social workers who make a positive impact on the lives of others. Join us for a special presentation where a social worker shares her personal experiences and insights into the important role of a social worker. Learn about the challenges and rewards of this noble profession

and gain a better understanding of the impact social workers have on individuals and communities [click here to register](#)

Georgia Families 360° Presents: DECAL 101: An introduction to the Ga Department of Early Care and Learning

Date/Time: Monday, March 11, 2024 | 6:00PM EST

Presenter: Teresa Bradley, LPC, CPCS, CCM, MAC, TF-CBT

The training seeks to educate the community about DECAL and how they support families throughout the State of Georgia. Join us to learn about the Georgia Department of Early Care and Learning: Bright from the Start (DECAL) and the wide variety of resources that they offer to families of young children across the state [click here to register](#)

Understanding Psychotropic Medications



Date/time: Wednesday, March 13, 2024 | 6:00 PM EST

Presenter: Patrick Aaron-Brown, MSW, LCSW, Lead GA, DBT Trained

This training will provide a general overview of psychotropic medications, including the different classes of medication, possible side effects and adverse reactions, the importance of routine medication management appointments, understanding the formulary and prior authorization process, and how the Georgia Families 360° Care

Coordination Team can assist members and their treatment teams with monitoring appropriate use of psychotropic medications [click here to attend](#)

Amerigroup Georgia Families 360°presents: A Salute To My Social Worker



Date/Time: Thursday, March 14, 2024 | 6:00 PM EST

Presenter: Andrea Elam, MS, LPC, CPCS

In continuation of Social Worker Awareness Month. This webinar is a unique opportunity to gain insights from former foster care youth, now adults. They will discuss the crucial role that social workers have played in their lives. You will hear firsthand about the impact that one social

worker had on their life and the important work that social workers do every day. By participating in this webinar, it is our hope that you will help to raise awareness about the vital role of social workers and the impact they have on the lives of so many people [click here to register](#)

S.T.R.I.V.E.S. (Communication & Conflict Resolution)

March 19, 2024 | 6:00 PM EST



Presenter(s): Patrick Aaron-Brown, MSW, LCSW, Lead GA, DBT Trained and Molly Abrokwah, LMFT

In this session, we will empower foster parents and youth by teaching effective communication strategies and conflict resolution techniques, aiding in healthy relationships and understanding [click here to join](#)

Understanding Reactive Attachment Disorder (RAD)



Date/time: Wednesday, March 20, 2024 | 3:00 PM EST

Presenter: Patrick Aaron-Brown, MSW, LCSW, Lead GA, DBT Trained

This training is for DFCS and DJJ only! Amerigroup GF360° Presents: Mental health training on Reactive Disorder as five parts of mental health training that impact children in care and adoptive children. After training, one will be aware of signs and symptoms and become aware of treatment options [click here to register](#)

Georgia Families 360° Presents: National Drugs and Alcohol Facts Week



Date/time: Wednesday, March 20, 2024 | 6:00 PM EST

Presenter: Teresa Bradley, LPC, CPCS, CCM, MAC, TF-CBT

National Drugs and Alcohol Facts week is an annual, week-long health observance that inspires dialogue about the science of drug use and addiction among youth. This presentation will focus on understanding substance use disorder, advocacy to end discrimination against people seeking recovery, inclusiveness, where all people are embraced, and resources such as peer-based recovery support services. We will also learn about warning signs of Opioid Use Disorder and the current landscape of the Opioid Crisis. We will also have powerful testimony from peers with lived experience [click here to register](#)

Amerigroup Georgia Families 360° presents: My Social Worker Got A Few Things Right!!

Date/time: Thursday, March 21, 2024 | 6:00 PM EST

Presenter: Andrea Elam, MS, LPC, CPCS

Join us for an informative and inspiring panel discussion with Transitional Aged Youth (TAY) as we talk about the positive impacts made by their social workers. We will shift the focus from the negative and

highlight the positive impacts that social workers are making in the lives of TAY. Our panelists will share their personal experiences and insights on why social workers are important and what changes they would like to see in the system. Don't miss out on this opportunity to learn and be inspired! [click here to join](#)

Blue Agents of Change Presents: Social Media Etiquette

Date/time: Tuesday, March 26, 2024 | 6:00 PM EST

Presenter: Kathryn Ricks, MS



Law Enforcement Series

Purpose: To offer our members training to better engage with law enforcement, as well as be aware of the resources that are available to them. This series will also inform Law Enforcement about the population that we serve and how to better interact with youth who experience behavioral concerns and have mental health diagnoses. To continue this series, we will be discussing: Social Media Etiquette [click here to attend](#)

Depression Part 1: What is depression?

Depression (also known as major depression, major depressive disorder, or clinical depression) is a common but serious mood disorder. It causes severe symptoms that affect how a person feels, thinks, and handles daily activities, such as sleeping, eating, or working. To be diagnosed with depression, the symptoms must be present for at least 2 weeks.

- There are different types of depression, some of which develop due to specific circumstances: Major depression includes symptoms of depressed mood or loss of interest, most of the time for at least 2 weeks, that interfere with daily activities.
- Persistent depressive disorder (also called dysthymia or dysthymic disorder) consists of less severe symptoms of depression that last much longer, usually for at least 2 years.
- Perinatal depression is depression that occurs during or after pregnancy. Depression that begins during pregnancy is prenatal depression and depression that begins after the baby is born is postpartum depression.
- Seasonal affective disorder is depression that comes and goes with the seasons, with symptoms typically starting in the late fall and early winter and going away during the spring and summer.

Depression with symptoms of psychosis is a severe form of depression in which a person experiences psychosis symptoms, such as delusions (disturbing, false fixed beliefs) or hallucinations (hearing or seeing things others do not hear or see). If you suspect you're dealing with depression, seeking professional help or confiding in a trusted friend or family member is important for support. Also, click the link to [Find Help](#) and resources in your local community.

