

Problems with staff mental health training:

- 1. Cumulative Stress:** Mental health staff work in unpredictable and challenging environments, resulting in cumulative stress that affects performance and job retention.
- 2. Complex Client Cases:** Working with highly distressed and dysregulated children and youth presents complex clinical management challenges.
- 3. Ineffective Training Practices:** Current training practices rely on single workshops that need more skill transformation and retain new expertise, especially with high staff turnover.
- 4. Limited Integration of Trauma Care:** New advancements in trauma care struggle to be implemented in clinical practices and staff self-care.

What we do

Tracking Better has developed two staff training products that use Stephen Porges's Polyvagal Framework to provide trauma-informed self-care to help staff self-regulate in stressful environments and support the young people they work with in managing their stress and emotional dysregulation.

We have found that a blend of face-to-face training, interactive mobile device lessons and group clinical supervision overcome the skill transformation and retention barrier encountered by standard training approaches.

Tracking Better® combines 2 programs:

Pulse check.

Trauma-Informed Self-Care to Upskill Clinicians. Learn to track and regulate stress triggers using a Polyvagal framework.

Co-regulation.

Crawl-Walk-Run Coregulation: Support children and youth in developing regulation skills tailored to their age and level of maturity.

Our blended learning approach to ensure skill transformation:

- Face-to-face workshop to front-load concepts.
- Interactive mobile and web-based learning for daily micro lessons with gamification.
- Group supervision with Dr Deeta Kimber for applying individual knowledge to clinical cases.

Key Benefits

- **Manage Stress and Track Progress:** Learn to track stress levels, identify triggers, and use breathing exercises and grounding techniques to improve emotional and physical wellbeing in challenging situations.
- **Engaging and Immersive Experience:** Gamification elements create an exciting and immersive learning environment, promoting active participation and motivation.
- **Personalised Coaching:** Receive individualised coaching and guidance to apply your knowledge in authentic clinical settings.
- **Adapt to Different Ages:** Develop the ability to observe and adjust support based on clients' capacities, from preschoolers to adults.
- **Support Clients Effectively:** Gain the skills to help clients track their stress signals and provide practical support to regulate their emotions, customised to their unique needs and abilities.

Next steps?

Book a 1:1 consultation with Dr Deeta Kimber, the program's founder. She will work closely with you to understand your needs and create a tailored education and skills transformation package.

Unlock the potential for impactful education and skills transformation in your healthcare organisation. Take a significant step towards a brighter future in healthcare

Here is what we cover in the 2 courses delivered: **Pulse
check.**

1. Welcome to Polyvagal Theory
2. Signs of Red-zoning
3. What triggered me?
4. Mapping my Green, Red & Blue zone
5. Managing my tipping-point
6. Biofeedback breathing
7. Cue my body to safety
8. Rebalance my body
9. My 12 breath reset and regulation plan
10. Applying it at work

 **Co-
regulation.**

This course is combined with Pulse Check to teach clinicians how to apply what they've learned to support clients regulate their stress and emotions no matter their capacity.

1. What is self regulation
2. How do we develop self regulation
3. What puts us behind
4. How do we support others self-regulation
5. How do we catch them up
6. How do we goal-set
7. Let's apply this to risk and safety plans

Choose the package that suits your needs:

- **Package 1: 20 Staff** - \$30,000 for 12 months of support (two staff train the trainer additional \$10,000)
- **Package 2: 50 Staff** - \$50,000 for 12 months of support (four staff train the trainer included)

Book a Zoom session with Dr Deeta Kimber to discuss your training needs.**Contact:**

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