



# Trainings

## **System of Care From the Family Perspective**

System of Care (SOC) in North Carolina, is not a program; it is a philosophy of how care should be delivered. The goal of this training is to explore authentic, practical ways to implement SOC cross-systems within agencies, programs, and communities. Participants will learn the aspects of the history of SOC federally and within NC. Participants will also, leave with an understanding of the importance of family and youth involvement and understand the values of NC SOC and the value of cross-system family, youth, and agency partnerships.



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*There are 2 options for this training: Overview of SOC 2-Hours or Full Training 2-Days.*



## **North Carolina System of Care: Where Do Community Collaboratives Fit In?**

The NC System of Care(SOC) infrastructure includes components intended to safeguard the values and practices to meet the needs of youth with behavioral health concerns in their home community and with their families. One of these components is Community Collaboratives. This training will provide participants with an overview of the National System of Care focusing on the foundation of NC's System of Care framework. Participants will gain an understanding of how collaboratives fit within the NC System of Care and what role they play within their collaborative.



## **On the Road to Family Driven Care [FDC]**

Valuable Experience for cross-systems to operationalize Family Driven Principles in our System of Care. A tool to help individuals and our communities to move forward with the process of thinking differently about the value of FAMILY VOICE in the treatment and success of children and families with whom we work! This is a one full day training.



## **Parents Supporting Families: An Introduction to Peer Support for Families with Children Who Have Mental Health or Substance Abuse Issue (Revised)-FP101**

By attending this five-day training, you will learn how to use your personal experiences parenting a child who has mental health or substance use issues to support other parents. This training is mandatory for Family Peer Specialist National Certification.

*\*A NC Specific Training*



## **Next Level: Family Peer Support**

There are multiple benefits to utilizing Family Peer Support not just for families but also for agencies & systems. This training will explore the Family Peer Support position, the history of the position, the primary functions, the benefits, and the challenges. This training will also assist in identifying the differences between family & consumer peer support and assist in the understanding of how to utilize this position to increase outcomes for families, children, youth and systems.



## **Family Voice in The Ever-Changing Environment**

In today's climate, there are multiple opportunities and need for families to share their voice of experience to make an impact. During this session we will have an interactive discussion around strategies to engage and incorporate family voice and experience to effect or support policy and program changes. Participants will explore how to incorporate these strategies into their current programs, partnerships, and initiatives and learn the importance of family voice at all levels of programmatic, policy and practice changes.



## **Family Support Partners & Youth Support Partners in the Workplace**

Using representatives from lived experience populations has been on an upward evolutionary process for over two decades. Aside from organizational and funding requirements, the inclusion of a family and youth representative position has multiple benefits. This one-day training emphasizes the importance of the family and youth support position within the organization, agency, or program and the benefits that come along with that. This training is designed for executive-level to front-end staff within organizations or agencies who employ or contract with Family and Youth Support Partners. This training will define the Family and Youth Support Position, list the qualifications of the positions, identify the hiring process, and demonstrate an understanding of ways to support the Family and Youth Support Position.



## **Meaningful Partnership Between Family & School Staff**

This 4-hour interactive training brings together families and school staff to identify barriers/challenges to partnerships. This training will assist in breaking down those barriers and implementing a way of work/partnership through a targeted action plan.

*This training was developed and made possible by the Mental Health Transformation Alliance (MHTA) and the Family-Run Executive Director Leadership Association (FREDLA) in partnership with the North Carolina Project AWARE/ACTIVATE.*



## **Family Engagement: Building Collaborative Partnerships with Families; Building Blocks to Child and Youth Success**

Research has shown that Family engagement contributes to positive outcomes not only for the family, child, or youth but also for the systems that serve them. During this training, participants will explore family-agency partnerships, discuss various avenues of family involvement/engagement, and understand the family movement within the System of Care.



## **The Value of Family, School, & Community Partnerships**

Partnerships serve as a foundation for positive outcomes for families, schools, and the community. During this training, participants will explore the multiple levels of partnerships, the benefits of these partnerships, and how to build authentic partnerships through a System of Care framework.





## **Advocacy, Collaborating, and Enhancing Interagency Relationships**

This training explores methods of breaking down barriers to services, describes steps toward building effective networks, and explores communication skills needed to work effectively with cross-systems agencies and community partners.



## **Children with Special Needs: Navigating NC Services & Resources**

Raising children can be difficult and raising a special needs child can feel impossible at times. This training explores resources available across North Carolina to support families accessing services in a supportive manner.



## **Collaboration 101**

Making the most out of your partnerships requires collaboration on different levels. Participants will gain an understanding of what collaboration is, where collaboration takes place, and why it is important. They will also be able to identify barriers to collaboration and problem-solve if barriers are encountered.



## **Creating a Circle of Support: Utilizing Effective Mental Health Supports**

Creating a circle of support increases engagement and successful outcomes for families, youth, and community providers/partners. This training will assist participants in defining and identifying mental health supports for families and youth.



## Sharing Your Story

This training will provide information about ideas, practices, and avenues for sharing your personal experiences through strategic sharing. Strategic sharing is telling our life stories in a way that is meaningful, effective, and safe. Strategic sharing requires making good choices when we tell our life stories so that our voices can be heard, our message is effective, and our well-being is protected.

Participants will:

- Be exposed to new ideas and practices that they can apply and/or implement
- Use skills learned to develop and share your unique story.
- Explore using social media to give voice to their story.
- Identify opportunities to share your story.



*Please note any of the trainings listed above can be tailored to meet your need or include your state specific information.*

*For additional information, to request a training, or if you have a training need not listed contact Stacy Morgan at [sjustiss.mhta@outlook.com](mailto:sjustiss.mhta@outlook.com) or at 276.274.7068.*