

FALL 2025 – SUMMER 2026 TRAINING SCHEDULE

Register for all events at

www.sachealthybeginnings.com/training-schedule



ALCOHOL, OPIATES, AND OTHER DRUGS: IDENTIFYING THE CHILD AFFECTED BY PRENATAL SUBSTANCE EXPOSURE

Online event // Wednesday, September 10, 2025 // 1:00 p.m. – 2:30 p.m. // Presented by Ira J. Chasnoff, MD

This session will review the core diagnostic elements for identifying children affected by prenatal substance exposure and describe a framework for recognizing the behavior and developmental difficulties this population of children may exhibit. [Learn more and register.](#)

SENSORY PROCESSING: STRATEGIES FOR THE HOME AND CLINIC

Online event // Wednesday, November 12, 2025 // 1:00 p.m. – 2:30 p.m. // Presented by Sue Green, OTL

This webinar will provide professionals and caregivers who work with children impacted by prenatal substance exposure with essential knowledge on how sensory processing difficulties affect these children. By understanding sensory modulation and implementing effective sensory strategies, caregivers and professionals can help children achieve better self-regulation, leading to improved behavior, attention, and emotional well-being. [Learn more and register.](#)

HOW ADULTS CAN INTERACT WITH CHILDREN TO PROMOTE EMOTIONAL AND BEHAVIORAL REGULATION

Online event // Wednesday, January 21, 2026 // 1:00 p.m. – 2:30 p.m. // Presented by Christine Schmidt, PsyD

Children who have histories of complex trauma, including experiences of prenatal substance exposure, abuse, neglect, loss, and witness to violence often endure significant emotional and developmental struggles, sometimes even years after some degree of emotional stability has been achieved. This workshop will explore the neurobiological impact of complex trauma, including the profound effects of early adverse experiences on brain development and behavior. Strategies to help adults promote emotional and behavioral regulation will be introduced, with a focus on how adults show up, what adults can say, and tools adults can use to promote organized and regulated behavior. [Learn more and register.](#)



TRAINING SCHEDULE CON'T

BUILDING STRONGER BONDS: ENHANCING PARENT-CHILD ATTUNEMENT

Online event // Wednesday, March 18, 2026 // 1:00 p.m. – 2:30 p.m. // Presented by Amy Groessl, LCSW, PhD

For children to succeed and learn over the long term, they rely on a positive nurturing relationship with key adults in their lives. This session will address parent-child attunement, which is the ability to recognize, interpret, and respond to a child's needs in a sensitive and consistent manner and is essential for children who struggle with self-regulation as they attempt to process the world around them. Additionally, the session will address caregivers' own stress and emotional well-being, providing tools for self-regulation and resilience to support both the child and the caregiver in navigating these challenges together. [Learn more and register.](#)

BUILDING THERAPEUTIC APPROACHES FOR CHILDREN WITH PRENATAL SUBSTANCE EXPOSURE

Online event // Wednesday, June 17, 2026 // 1:00 p.m. – 2:30 p.m. // Presented by Ira J. Chasnoff, MD

Treatment for individuals with prenatal substance exposure must be grounded in an appreciation of the neurodevelopmental deficits that drive the child's behavioral difficulties. This program will address the evidence-based treatment approaches that appear to improve the developmental trajectory for individuals with prenatal substance exposure. The treatment strategies will be grounded in interventions that consider the three basic domains of functioning affected by prenatal substance exposure – neurocognitive, self-regulation, and adaptive – and present evidence-based treatment interventions that have proven effective. [Learn more and register.](#)



Visit our website and learn more about SACCounty Healthy Beginnings!

SACCounty Healthy Beginnings offers the 4P's Plus® screening tool at no cost to Sacramento County providers. The 4Ps Plus® is the only validated behavioral health screening instrument designed specifically for pregnant women. It screens for alcohol, tobacco, marijuana, and illicit drug use. If you have any questions, please contact [Janelle Gonzales.](#)

These trainings are brought to you by Substance Use Prevention and Treatment Services, Sacramento County Department of Health Services Division of Behavioral Health.

