

## Webinars Offered by Prevent Child Abuse Arizona

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### About Prevent Child Abuse Arizona

Prevent Child Abuse Arizona is a statewide nonprofit organization that collaborates, educates and advocates to strengthen families and protect children. We do this by offering professionals the tools to build family resilience and change the conditions that lead to child maltreatment.

We offer webinars on the topics of **Supporting Traumatized Children; Building Personal & Professional Resilience; Addressing Violence & Maltreatment;** and **Strengthening Families**. Our webinars are designed to be interactive, applicable, and encourage self-reflection. **Email [info@pcaaz.org](mailto:info@pcaaz.org) to schedule.**

### Trainers

#### **Meghan Hays Davis, MAS, IMH-E®**

Meghan Hays Davis is the Program and Training Director of Prevent Child Abuse Arizona. She obtained her Bachelor's degree in Social Work from Minnesota State University and her Masters of Advanced study in Infant and Family Practice from Arizona State University. She is a licensed Social Worker and endorsed through the Infant and Toddler Mental Health Coalition of Arizona. Meghan has worked in child welfare and protection in CPS and Tribal social worker roles. Before coming to Prevent Child Abuse Arizona, she worked in community behavioral health as a Birth to Five therapist. Meghan has worked with the Birth to Five population in foster care, foster parents and biological parents, court teams and providers to bring developmentally appropriate, relationship based framework in everyday practice and discussion on what is best for babies. She regularly offers workshops throughout Arizona.

#### **Claire Louge, MEd**

Claire Louge is the Executive Director of Prevent Child Abuse Arizona. She obtained her Bachelor's degree in Human Development from Cornell University and her Masters of Education in Human Relations from Northern Arizona University. Claire is also a Certified Trauma Support Specialist through the Arizona Trauma Institute, certified by the National Alliance of Children's Trust and Prevention Funds to teach the Strengthening Families™ Protective Factors Framework, and an authorized Stewards of Children® facilitator. She is a graduate of the American Express Leadership Academy at the ASU Lodestar Center and is also an AmeriCorps VISTA alumnus. She also volunteers her time to create and produce live action role playing adventure events for teens. Claire regularly offers workshops and keynote addresses at conferences throughout Arizona.

#### **Missy Sikora, MEd**

Missy is the Director of the Yavapai Family Advocacy Center (YFAC), a facility which helps child and adult victims of interpersonal violence, which is a program of Prevent Child Abuse Arizona. She is also the facilitator of the county-wide Multi-Disciplinary Team and serves as the county Children's Justice Coordinator. Prior to becoming the director at YFAC, Missy was a supervisor with the Arizona Department of Child Safety in Prescott, where she worked for 12 years. Prior to working for DCS, Missy taught school for 15 years in Phoenix. Missy also serves on the Yavapai CASA for Kids Foundation board of supervisors, the Community Coordinated Response Team dedicated to address domestic and family violence in Yavapai County, the Yavapai County Domestic Violence Fatality Review Team, the Yavapai County Child Fatality Review Team, the Yavapai County Overdose Fatality Review Team, and serves as co-chair of the Yavapai County Multi-Disciplinary Task Force to respond to Human Trafficking. Missy has a Master's Degree in Education, a Bachelor's Degree in Counseling and Human Services and is also a graduate of the Certified Public Management Program from the Bob Ramsey School of Business at Arizona State University.

## Supporting Traumatized Children

### **Connection Before Correction: Why Attachment Matters - 75 minutes**

Parenting is hard. Parenting children with trauma histories is a whole different ballgame. This webinar will discuss how care providers can assess past attachment patterns that lead to negative behaviors, reinterpret those behaviors and provide relationship-based guidance and parenting. It will focus on parent and child attachment strategies and relationship-based interventions to address trauma and behavioral needs, giving participants tools to try at home.

### **Infant Mental Health Basics - 75 minutes**

Infant Mental Health is the foundation of healthy, lifelong development and early experiences matter—a lot. This webinar will provide an overview of Infant Mental Health including brain development, trauma, and attachment, all through the lens of relationships. Participants will also be engaged in a discussion about services and improving outcomes for young children.

### **Supporting Young Children in Visitation - 1 hour**

Parenting time/visitation is the cornerstone to reunification. With visits often comes stress responses and behaviors. This webinar will focus on ways to support the parent and child before, during and after visitations.

### **Substance Exposure and Brain Development - 1 hour**

We know that 80% of children coming into foster care have been exposed to substances in-utero. This exposure has lifelong impacts on brain development and functioning. This webinar will discuss the most common types of exposure and outcomes for children.

### **The Unique Needs of Infants and Toddlers in Foster Care - 90 minutes**

"The baby is fine," a common report of young children in care. Science and research tell us that young children have unique needs when faced with trauma and attachment disruptions caused by removal. This session aims to increase knowledge of the needs of young children in foster care. Participants will gain knowledge about brain development, stress and trauma, attachment, how relationships can heal and resources available.

### **The Young Child, Trauma and Memory - 1 hour**

This webinar will discuss how trauma affects young children and how it is stored in the body. Participants will learn about signs of trauma and ways to heal through relationships.

### **Young Children in Foster Care: The Brain, Trauma, and Attachment - 2 hours**

What does this behavior mean? This webinar will feature in depth discussion of brain development and function, attachment and strategies, and how stress and trauma affect young children.

### **The Brain, Trauma, and Attachment: What New CASAs Need to Know - 90 minutes**

What else should I know? New CASAs receive extensive training but often need more support in understanding trauma, behaviors and services. This webinar provides an overview of brain science, attachment and trauma experiences for children removed from parents. Discussion on systems, services, and case examples provide insight into what they will likely experience in their CASA cases.

## Building Personal & Professional Resilience

### **Wielding Your Inner Strengths: Building Your Personal Resilience - 1 hour**

Life is full of challenges - big and small. Whether we're facing major loss or just some atrociously bad traffic, life is constantly offering us opportunities to practice resilience. This training will focus on what it means to be resilient, and the qualities and practices that predict a person's ability to thrive despite, or perhaps because of, challenges.

### **Stress, Trauma, and the Trauma-Informed Approach - 1 hour**

How does stress negatively impact your life? This workshop will delve into the body's natural response to stress, and use this as a lens for understanding the impact of trauma on human thinking and behavior. Participants will learn simple stress-reduction techniques they can use anywhere, and learn how to apply the trauma-informed approach to their work with people.

## Addressing Maltreatment & Violence

### **The Root of All Our Problems: Adverse Childhood Experiences - 1 hour**

Childhood trauma affects later adult health and wellbeing. This webinar will delve into the revolutionary Adverse Childhood Experience (ACE) Study, an ongoing body of research study that demonstrates the link between early trauma and adult behavior. You'll learn how and why early stress may lead to lifelong health and social problems, and how to help those who have experienced childhood trauma build resilience to its effects through Positive Childhood Experiences.

### **Identifying and Reporting Child Maltreatment (Mandatory Reporter Training) - 1 hour**

Most people know that child abuse is a problem, but they may not be sure what to do if they suspect it. This training is for anyone who wants to learn to identify the signs of child maltreatment, and what the law says about reporting it. This training will provide an overview of the significant definitions, requirements and protections of the Arizona's Mandatory Reporter Law, Arizona State Statute (ARS 13-3620).

### **What is Domestic Violence? - 1 hour**

Domestic Violence is an issue of power and control present in an unhealthy relationship between intimate partners or people living together. It can happen in any relationship, culture or community. This training will provide an overview of the legal definition of the Arizona Domestic Violence Law, Arizona State Statute (ARS 13-3601); provide insight into the coercive, controlling behaviors used by an abuser; and discuss various ways trauma affects victim behavior.

### **The Effects of Domestic Violence on Children - 1 hour**

Children who witness or are victims of abuse are more likely to live in a violent relationship when they are adults. Many of the adults that law enforcement and social services have interactions with today were exposed to domestic violence as a child. In this training, we will discuss how being exposed to emotional, verbal and physical abuse between a child's caregivers can have lifelong emotional and psychological consequences.

### **Interpersonal Crimes Investigations - 1 hour** (Note: This training is for investigators only.)

No one agency alone can protect victims. This training will discuss the value of collaboration between various agencies and departments responsible for the protection of children and vulnerable adults in the effective investigation of interpersonal crimes.

## Strengthening Families

### Compassionate Confrontation - 1 hour

In the field of child welfare, it is essential that we develop the ability to understand—and understand compassionately—why another might defend against a change that to us would clearly benefit them and their children. In this training, we will talk about how to discuss “the elephant in the room” - parenting choices that make children unsafe - in a way that is honest and productive.

### Working with Families in a Strength-Based Way - 1 hour

Let's focus on what's strong rather than what's wrong. Participants will learn an overview of the Strengthening Families™ Protective Factors Framework, an approach to working with families in a way that builds their strengths as a solution to their challenges. We'll discuss what it means to work with families in a strength-based way, and come up with ideas for how we can build protective factors through our work.

### Strengthening Parental Resilience - 1 hour

Life can be stressful, and parenting can be challenging. This session will focus on the importance of building Parental Resilience, one of the five Strengthening Families™ Protective Factors. Participants will learn to define and recognize signs of parental resilience, identify actions they can take to help parents build their resilience, and provide examples of program efforts that value and support parents.

### Strengthening Family Social Connections - 1 hour

All parents need support. All parents need friends. This session will focus on how you can help families build Social Connections, one of the five Strengthening Families™ Protective Factors. Participants will learn to understand the value of helping parents and families connect to others, discuss ways to help parents make these connections, and create concrete plans for facilitating more connection in their communities.

### Strengthening Knowledge of Parenting - 1 hour

Parents are a child's first and best teachers. This session will focus on how to promote Knowledge of Parenting and Child Development, one of the five Strengthening Families™ Protective Factors. Participants will be able to define what it means to have knowledge of parenting and child development, identify actions they can take to strengthen parenting, and create a plan to integrate these ideas into their work.

### Asking for Help is Hard: Supporting Families in Times of Need - 1 hour

We all need a little help sometimes. This session will focus on making sure families have access to Concrete Support in Times of Need, one of the five Strengthening Families™ Protective Factors. Participants will discuss examples of how to provide welcoming, non-judgmental support to families, brainstorm ways to better connect families to resources, and learn to recognize the early signs of child maltreatment.

### Strengthening Children's Social and Emotional Competence - 1 hour

All kids need to feel that they belong. This session will focus on the importance of building Children's Social and Emotional Competence, one of the five Strengthening Families™ Protective Factors. Participants will be able to list characteristics of children who are emotionally healthy and demonstrate strong social skills, and learn ways to promote the social and emotional growth of young children.