

Community Trainings

Positive Parenting Program

Triple P (PPP) teaches parents of children & adolescents ages 0-12 to focus their energy on teaching kids the skills they need to be respectful, independent, and safe, rather than simply punishing them when they're not. There are different levels of Triple P, for parents who just need a few new potty-training ideas to parents struggling with severe, aggressive behaviors. Triple P reduces stress and conflict, improves behavior, and prepares children for a lifetime of success.

*Contact: Deanna LaMotte, Triple P Program Coordinator
Buncombe County Health & Human Services
Deanna.Lamotte@buncombecounty.org*

Nurturing the Brain-Buffering Toxic Stress

The effects of toxic stress upon children and protective factors to help build resiliency

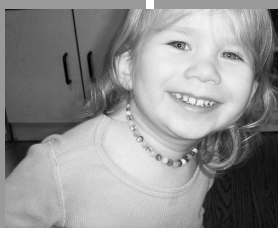
This training teaches participants the concepts of brain "architecture", the difference between stress and toxic stress and their impact on the human brain, and techniques for buffering toxic stress and tools to build a child's resiliency. Topics include factors that affect brain development, brain structure and a many factors that influence brain development and function. The training includes a brief overview of the ACE study and the link of chronic stress and trauma to adverse health outcomes. Participants will learn experiences and exercises that help build the brain and will become aware of how important emotions and relationships are to optimal brain development. Focus on teaching children self-regulation, impulse control, and coping will be addressed. The target audience for this training is human service professionals. The goal is to help professionals support healthy early child development and to increase community understanding of the importance of providing children with nurturing positive experiences and stable, caring relationships.

*Contact: Melissa Baker, Health Improvement Specialist
Mountain Area Health Education Center
Melissa.Baker@mahec.net*

Darkness to Light: Stewards of Children

Darkness to Light; Stewards of Children is a prevention training program that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. The program is designed for organizations that serve youth and for individuals concerned about the safety of children. It is the only nationally distributed, evidence based program proven to increase knowledge, improve attitudes, and change child protective behaviors.

*Contact :Michelle Tyler, Community Education Specialist
Smoky Mountain Center, MCO/LME
michelle.tyler@smokymountaincenter.org*



Community Resiliency Model

The Community Resiliency Model (CRM) of the Trauma Resource Institute trains community members, not only help themselves, but to help others within their wider social network. The primary focus of this skills-based stabilization program is to re-set the natural balance of the nervous system. CRM skills help individuals understand their nervous system and learn to track sensations connected to their own well-being, or the "Resilient Zone". CRM's goal is to help create "trauma-informed" and "resiliency-informed" communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach. Applying CRM proactively with an entire community or neighborhood that is chronically stressed can alleviate symptoms of chronic stress placing the community and its members in a better position to change their situation by increasing their resiliency. Both community members, including parents, and professionals are the intended audiences for this training.

Contact: Dr. Stephanie Citron, stephicitron@gmail.com, or MaryLynn Barrett, marylynn.barrett@mahec.net, Buncombe County Master CRM Trainers

Youth Mental Health First Aid

Combat Stigma, Help in a Crisis, Promote Wellness

Youth Mental Health First Aid is an 8-hour training course designed to give members of the public key skills to help an adolescent who is developing a mental health problem or experiencing a mental health crisis. The 8-hour course covers a range of common disorders and potential crises such as helping a young person who is having a panic attack, is contemplating suicide or is struggling with substance abuse. The training is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, law enforcement, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

*Contact :Michelle Tyler, Community Education Specialist
Smoky Mountain Center, MCO/LME
michelle.tyler@smokymountaincenter.org*

First 2000 Days -Smart Start of Buncombe County

Two thousand days is the time between the birth of a child and when he/she enters kindergarten. Learn how children's earliest years have a lasting impact on later learning, health and success and how these issues impact our national security, community safety and economic well-being. Presentations are tailored to the audience.

*Contact: Suzanne Metcalf, Presentation Coordinator
Smart Start of Buncombe County
sjmetcalf@windstream.net*