



# The Connection Training Catalog

{ SPRING/SUMMER EDITION }

**2020**

# THE CONNECTION TRAINING CATALOG

## **[ 1 ]** *Enrollment Information*

### Professional Development Courses:

**[ 2 ]** *Adult and Pediatric CPR/First Aid/AED*

**[ 3 ]** *Sexual Harassment Prevention Training: Cultivating a Respectful Workplace*

**[ 4 ]** *Mental Health First Aid Training*

**[ 5 ]** *Beyond Grief: Supporting Individuals Through Loss*

**[ 6 ]** *Mental Health First Aid for Fire and EMS*

**[ 7 ]** *Mental Health First Aid for Public Safety*

**[ 8 ]** *Serving Those Who Serve: Providing Supportive Services to Our Veterans*

**[ 9 ]** *Essential Skills for the Human Service Professional*

### Clinical Best Practice Courses:

**[ 10 ]** *Providing Care Through a Trauma-Informed Lens*

**[ 11 ]** *DBT: Helping Clients Learn to Face Difficulties*

**[ 12 ]** *Understanding Mental Illness: What People & Families Want You to Know*

**[ 13 ]** *The Intersection of Poverty & Mental Health*

### Microsoft Training Courses:

**[ 14 ]** *Microsoft Excel Part 1: Getting Started with the Basics*

**[ 15 ]** *Microsoft Excel Part 2: Exploring Data and Creating Reports*

### Leadership Development Courses

**[ 17 ]** *Leadership Academy: Becoming a Leader*

**[ 18 ]** *Leadership Academy: Performance Management*

**[ 19 ]** *Leadership Academy: Motivational Interviewing for Supervisors*

**[ 20 ]** *Leadership Academy: Team Building Skills*

# Registration

Participants may register online at [theconnectioninc.org](http://theconnectioninc.org). Payment by credit card is available. Participants will receive a confirmation email once their registration is processed.

# Certificate of Attendance

Participants will receive a certificate of attendance following the successful completion of the training. Where indicated, continuing education hours are available.

# Eligibility

All external parties are invited to participate in any session. Fees are as indicated by training. All Connection employees may attend training programs at no cost, regardless of position or program. Where agency requirements allow, employees should be encouraged to attend trainings other than those directly related to their present position, in order to foster professional growth and skill enhancement.

# Dietary Restrictions

If you have specific dietary restrictions please contact Nikita Joslyn, Training & Staff Development Specialist more than 48 hours in advance to discuss accommodations.

# Course Cancellation & Postponements

If a training is canceled, all participants will be notified no later than 24 hours prior to the scheduled session. If The Connection is closed or has a delayed opening due to inclement weather, all trainings will be canceled, and will be rescheduled to a later date.

# Scheduling

Participants may withdraw from the course at least five business days prior to the training to receive a refund. Cancellations made after this window will not be refunded.

Participants can withdraw from the course by contacting Nikita Joslyn, Training & Staff Development Specialist.



## PROFESSIONAL DEVELOPMENT COURSE

# Adult and Pediatric CPR/First Aid/AED

This course will teach participants how to recognize and respond appropriately to cardiac, breathing, first aid, and opioid overdose emergencies. Participants will learn the skills needed to give immediate care to an injured or ill person, including NARCAN administration, and when to call for advanced medical care.

**Participants will receive a 2-year CPR and First Aid certification through American Red Cross.**

**March 9, 2020** (1:30–5:00pm)

**June 1, 2020** (1:30–5:00pm)

**July 13, 2020** (1:30–5:00pm)

**March 23, 2020** (1:30–5:00pm)

**June 6, 2020** (9:00am–1:30pm)

**July 24, 2020\*** (9:30am–2:00pm)

**April 1, 2020** (4:30–8:30pm)

**June 15, 2020** (1:30–5:00pm)

**July 27, 2020** (1:30–5:00pm)

**April 20, 2020** (1:30–5:00pm)

**June 29, 2020** (1:30–5:00pm)

### LOCATIONS

100 Roscommon Drive, Suite 203, Middletown, CT

\*48 Howe Street, First Floor, New Haven, CT

### PRESENTER

Nikita Joslyn, LMSW, Training & Staff Development Specialist, The Connection

### COST: \$115

Price includes training kit, manual, and cost of certificate



# *Sexual Harassment Prevention Training: Cultivating a Respectful Workplace*

The course will explain the federal and state laws prohibiting sexual harassment and explore how these laws work to create a safe work environment. Topics addressed include the obligation of organizations to enforce sexual harassment law, and guidance for employees in identifying sexual harassment and responding appropriately.

**This course fulfills the State of Connecticut sexual harassment training requirement.**

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**DATES**

April 16, 2020, 10:00am – 12:00pm

July 23, 2020, 1:00pm – 3:00pm

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**LOCATION**

100 Roscommon Drive, Suite 203, Middletown, CT

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**PRESENTERS**

Ruthanne Barrett, PHR, SHRM-CP, Director of Human Resources, The Connection  
Charlotte Suitor, Human Resources Generalist, The Connection

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**COST: \$60**

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# Mental Health First Aid Training

Mental Health First Aid is a SAMHSA nationally recognized program designed to give people key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. This course will teach participants how to identify, understand, and respond to signs of mental illness or substance use disorders. Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding and providing an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder.

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#### DATES

March 14, July 10, 2020, 9:00am – 5:00pm (Middletown location)

April 29, 2020, 9:00am – 5:00pm (New Haven location)

May 21 & 27, June 24 & 25, 2020, 9:00am – 12:30pm (These dates will be online only)

July 9 & 10, August 18 & 19, 2020, 9:00am – 1:00pm (These dates will be online only)

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#### LOCATIONS

100 Roscommon Drive, Suite 203, Middletown, CT

48 Howe Street, First Floor, New Haven, CT

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#### PRESENTER

Nikita Joslyn, LMSW, Training & Staff Development Specialist, The Connection

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#### COST: \$100

**CONTINUING EDUCATION:** This training has been approved for 6 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connecticut Certification Board (CCB).



# Beyond Grief: Supporting Individuals Through Loss

This course will explore the psychology of the bereavement process in all its complexity, debunking common misconceptions that are not helpful and rarely reflect the lived experience of grief. The stages of grief do not proceed in logical, sequential steps. Grief is not a medical condition, a weakness, or something we need to “get over.” It is, however, an unavoidable part of life, and the path of bereavement is the path to healing. This course will offer support, insight and concrete guidance for anyone interested in this important topic, for those who are supporting a loved one through the journey, or for those who are finding their way on the path.

**DATE**

April 15, 2020

**TIME**

1:00pm – 4:00pm

**LOCATIONS**

This will be an online event.

**PRESENTER**

Chelsea Humphrey, LMFT Associate Director, The Centers for Behavioral Health, The Connection

**COST: \$65**

**CONTINUING EDUCATION:** This training has been approved for 3 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connection Certification Board (CCB).



# *Mental Health First Aid for Fire and EMS*

Mental Health First Aid for Fire/EMS teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of firefighters and EMS personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve. Firefighters, EMS personnel, other first responders, and family members of first responders will benefit from taking this training.

February 21, 2020

March 28, 2020

**TIME**

9:00am – 5:00pm

**LOCATION**

100 Roscommon Drive, Suite 203, Middletown, CT

**PRESENTER**

Nikita Joslyn, LMSW, Training & Staff Development Specialist, The Connection

**COST: \$100**

**CONTINUING EDUCATION:** This training has been approved for 7 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connecticut Certification Board (CCB).





# Mental Health First Aid for Public Safety

Mental Health First Aid for Public Safety teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of public safety personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve. Law enforcement officers, corrections officers, other first responders and 911 dispatch staff would benefit from taking this training.

March 6, 2020

**TIME**

9:00am – 5:00pm

**LOCATION**

100 Roscommon Drive, Suite 203, Middletown, CT

**PRESENTER**

Nikita Joslyn, LMSW, Training & Staff Development Specialist, The Connection

**COST: \$100**

**CONTINUING EDUCATION:** This training has been approved for 7 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connecticut Certification Board (CCB).



# *Serving Those Who Serve: Providing Supportive Services to Our Veterans*

Many workers in the human services field will come into contact with individuals who have served in the Military, or people supporting them. The challenge faced by veterans in reintegrating themselves into their families and communities is now widely recognized as a public health issue. This training will focus on the unique needs of Veterans and their families. Topics to be covered include understanding military culture, Post Traumatic Stress Disorder in individuals returning from combat, traumatic brain injury, and suicide prevention. Participants will be given behavioral health and other community resources to support our veterans. **This course fulfills the continuing education requirement for training in Veteran Services.**

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**DATE**

May 13, 2020

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**TIME**

10:00am – 12:00pm

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**LOCATION**

This will be an online event.

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**PRESENTER**

Michele Klimczak, LMSW, Director of Training & Practice, The Connection

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**COST: \$65**

**CONTINUING EDUCATION:** This training has been approved for 2 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connecticut Certification Board (CCB).



# Essential Skills for the Human Service Professional

More and more individuals are entering work in the human services field from a wide variety of backgrounds and training. This brings a much-needed diversity of expertise and life experience to programs struggling to meet increasingly complex client needs. At the same time, whether working with children and families, individuals returning from incarceration, or those with co-occurring disorders, there is a body of knowledge and basic skills that are necessary to achieve success in this field. This comprehensive 2-day training series will give human service practitioners at all levels, and from all backgrounds, a solid foundation in the knowledge and skills needed to ensure the highest level of professionalism and effectiveness with clients. Key components include:

- > The Therapeutic Relationship: Engagement as the Foundation of our Work
- > The Golden Thread of Documentation: Assessment, Treatment Planning, and Case Notes
- > Professional Ethics: Framework for Ethical Decision-Making, Boundaries, Confidentiality

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**DATE**

June 10, 2020 & June 11, 2020

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**TIME**

10:00am – 1:00pm

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**LOCATION**

This will be an online event.

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**PRESENTER**

Michele Klimczak, LMSW, Director of Training & Practice, The Connection

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**COST: \$150**

**CONTINUING EDUCATION:** This training has been approved for 10 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connecticut Certification Board (CCB).



# Providing Care Through a Trauma-Informed Lens

This comprehensive training will provide an in-depth exploration into the art and science of trauma-informed care. Trauma affects both our bodies and our minds, and we can use this knowledge to promote healing and empowerment for those we serve and ourselves. Key topics include understanding trauma as a human experience, viewing challenging behavior as communication, the importance of self-awareness and self-care for caregivers, and making the helping process a true collaboration through building safety and trust. The second half of the program will teach best practices for crisis management, with a focus on engagement as the key to crisis prevention and de-escalation.

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#### DATES

March 19, April 30, 2020, 9:30am – 4:30pm

May 28 & June 4, 2020, 9:30am – 12:30pm

June 18 & 19, July 16 & 17, 2020, August 20 & 21, 9:30am – 12:30pm  
(These dates will be online only)

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#### LOCATION

100 Roscommon Drive, Suite 203, Middletown, CT

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#### PRESENTER

Michele Klimczak, LMSW, Director of Training & Grant Management, The Connection

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#### COST: \$90

**CONTINUING EDUCATION:** This training has been approved for 6 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connecticut Certification Board (CCB).



# *DBT: Helping Clients Learn to Face Difficulties*

Dialectical Behavior Therapy (DBT) is an evidence-based treatment used by practitioners to treat a large variety of problems in clients who experience Depression, Bipolar Disorder, PTSD, and Substance Abuse.

Participants will explore DBT from theory to application. This course will cover the basic elements of DBT and demonstrate how it can be used by clinical and non-clinical staff with clients experiencing a crisis, or having difficulty managing strong emotions or challenging behaviors.

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**DATE**

July 24, 2020

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**TIME**

9:00am – 3:00pm

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**LOCATION**

This will be an online event.

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**PRESENTER**

Aleksandra Slaski, LPC, Clinical Supervisor, The Connection Center for Behavioral Health

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**COST: \$75**

**CONTINUING EDUCATION:** This training has been approved for 5 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connection Certification Board (CCB).



# Understanding Mental Illness: What People & Families Want You to Know

This 4-hour NAMI Provider Education program presents a penetrating, subjective view of the experiences of individuals living with mental illness and their families for any staff who work directly with people experiencing severe and persistent mental illnesses. This unique program is led by people living in recovery and by family members who share their personal, intimate perspective on their treatment experience. The course helps providers understand the challenges that families and individuals face and appreciate the courage and persistence it takes to live with mental illness.

**DATE**

April 8, 2020

**TIME**

9:00am – 1:00pm

**LOCATION**

This will be an online event.

**PRESENTERS**

Claire Bien, NAMI Member & IOOV State Trainer

Thomas Burr, Communications Manager, National Alliance on Mental Illness,  
Connecticut Chapter (NAMI Connecticut)

William Wallach, Counselor, CNV-Network

**COST: \$65**

**CONTINUING EDUCATION:** This training has been approved for 4 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connection Certification Board (CCB).



# *The Intersection of Poverty & Mental Health*

This training will focus on how poverty, and experience of living in poverty, impacts cognitive processes and functioning in ways that create barriers to moving out of poverty. It will discuss how the “scarcity” mindset can limit intentions toward success and also discuss ways to empower individuals who struggle within this experience. It also calls on participants to examine their own biases and assumptions about poverty and to understand intergenerational poverty as a very significant determinant of individual thinking and behavior patterns.

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**DATE**

April 24, 2020

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**TIME**

9:00am – 12:00pm

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**LOCATION**

This will be an online event.

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**PRESENTER**

Melissa Mendez, Director of Early Childhood Programs, Wheeler Clinic

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**COST: \$65**

**CONTINUING EDUCATION:** This training has been approved for 3 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connection Certification Board (CCB).



# Microsoft Excel Part 1: Getting Started with the Basics

Microsoft Excel is a powerful tool essential for managing and presenting data in today's metrics-driven world. With wide utility on both a professional and personal level, the use of a Microsoft Excel spreadsheet can help with tracking personal finances, event planning, project management, and drafting reports. In this Introduction to Microsoft Excel training course, topics will include:

- > Creating and adding columns and rows
- > Data entry and navigation
- > Creating and formatting tables
- > Sorting and filtering data
- > Copying and creating new sheets
- > Introduction to pivot tables

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**DATE**

Postponed until Spring 2021

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**TIME**

10:00am – 12:00pm

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**LOCATION**

100 Roscommon Drive, Suite 203, Middletown, CT

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**PRESENTER**

Susan Phillips, Director of Quality Assurance, The Connection

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**COST: \$65**

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# Microsoft Excel Part 2: Exploring Data and Creating Reports

At some point in everyone’s career, it’s likely that they will be required to create, interpret, and enter data onto a Microsoft Excel spreadsheet. Knowing how to input data and create reports is a crucial function of any professional. In this intermediate excel session, participants will learn the following topics:

- > Sorting and filtering data
- > Cleaning and reformatting or reorganizing data
- > Extracting subsets of data for reporting
- > Creating graphs
- > Using pivot tables to explore data and answer questions

**DATE**

Postponed until Spring 2021

**TIME**

10:00am – 12:00pm

**LOCATION**

100 Roscommon Drive, Suite 203, Middletown, CT

**PRESENTER**

Susan Phillips, Director of Quality Assurance, The Connection

**COST: \$65**



# The Connection Leadership Academy

The Connection is excited to announce our new Leadership Academy, a full year of monthly trainings focused on how to successfully navigate the journey from individual contributor to a supervisor of others.

Leadership — the art of motivating a group of people to act toward achieving common goals — requires a unique perspective and skill set that can be taught and practiced. This innovative curriculum integrates best practices from the business world with research from the fields of trauma-informed care and emotional intelligence, in recognition of the special challenges faced by leaders in the human services.

This series is designed for maximum flexibility and convenience. The first module is a prerequisite for the series. The rest of the series can be taken in any order and will be offered on a rolling basis.



# Leadership Academy: Becoming a Leader

Supervisors are responsible for nurturing the most valuable asset of any agency — its staff — while also ensuring effective and appropriate service delivery. Making the transition from individual contributor to supervisor of others is a critical stage of professional development, and this training will prepare novice supervisors and managers for their new responsibilities.

The first half of the training will focus on the role of supervisor, and the new perspective of accomplishing organizational goals through leading others. Self-awareness, clarifying our own values, biases, and natural leadership style, will be explored. The second half of this training will focus on the importance of emotional intelligence for supervisors, and a trauma-informed approach to supervision will be outlined. This day-long training will provide new and experienced supervisors with an understanding of the basic elements of supportive supervision, and the tools they need to develop a competent and confident team that feels supported and valued by the organization.

**This is the first training in the Leadership Academy series. This session is a prerequisite to completing the other upcoming courses.**

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**DATE**

July 22 & 23, 2020

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**TIME**

9:30am – 12:30pm

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**LOCATION**

This will be an online event.

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**PRESENTER**

Michele Klimczak, LMSW, Director of Training & Grant Management, The Connection

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**COST: \$90**

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# Leadership Academy: Performance Management

Performance management is an ongoing process of communication and feedback between supervisors and employees. Role clarity, setting clear expectations, and developing standards for evaluation are critical supervisory skills. This training will explore the continuum of supervisory activities from coaching and providing feedback, to progressive discipline and managing difficult conversations. The emphasis will be on identifying and addressing performance issues as early as possible to support staff in their efforts to make positive change.

**Prerequisite:** Participants must have completed “Becoming a Leader” to attend this session.

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**DATE**

August 7, 2020

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**TIME**

9:00am – 12:00pm

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**LOCATION**

100 Roscommon Drive, Suite 203, Middletown, CT

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**PRESENTERS**

Teresa Ferraro, Director of Behavioral Health Services, The Connection  
Alison Friar, Director of Clinical Development, The Connection Center  
for Behavioral Health Clinics

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**COST: \$65**

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# Leadership Academy: Motivational Interviewing for Supervisors

Motivational Interviewing has emerged as a core practice for working with clients across a broad range of problem areas and care settings. This interactive 1-day training course provides guidelines and tools that can be used by supervisors to evaluate and improve MI skill development for their staff. Supervisors will learn coaching techniques — modeling the MI communication style — to implement as a core program practice.

**Prerequisite:** Participants must have completed at least one in-person Motivational Interviewing AND “Becoming a Leader” to attend this session.

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**DATE**

September 10, 2020

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**TIME**

9:00am – 4:00pm

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**LOCATION**

100 Roscommon Drive, Suite 203, Middletown, CT

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**PRESENTER**

Raymond Tafrate, PhD, National Author & Trainer

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**COST: \$90**

**CONTINUING EDUCATION:** This training has been approved for 6 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connecticut Certification Board (CCB).



# Leadership Academy: Team Building Skills

Supervisors are responsible for the individual contributions of their staff members, but facilitating collaboration among staff is equally important. The ability to create a team that works effectively toward shared goals is a critical management competency. This module will teach new supervisors the skills of integrating new members into the team, enhancing communication, building and maintaining trust, cultivating positive motivation, and managing conflict on the team.

**Prerequisite:** Participants must have completed “Becoming a Leader” to attend this session.

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**DATE**

October 16, 2020

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**TIME**

9:00am – 12:00pm

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**LOCATION**

100 Roscommon Drive, Suite 203, Middletown, CT

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**PRESENTERS**

Nikita Joslyn, LMSW, Training & Staff Development Specialist, The Connection  
Alison Friar, Director of Clinical Development for The Connection Center  
for Behavioral Health Clinics

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**COST: \$65**

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The Institute for Innovative Practice at The Connection can partner with you to create professional development courses that are specific to your organizational needs. Please contact Director of Training and Grant Management, Michele Klimczak, MA, LMSW, for more information.

MICHELE KLIMCZAK, MA, LMSW  
DIRECTOR OF TRAINING AND GRANT MANAGEMENT  
860 343-5500 x1051  
MKLIMCZAK@THECONNECTIONINC.ORG

[theconnectioninc.org/training-courses](https://theconnectioninc.org/training-courses)