



# The Connection Training & Professional Development Courses



# THE CONNECTION TRAINING CATALOG

**[ 1 ]** *Enrollment Information*

**[ 2 ]** *Membership Details*

**[ 3 ]** *The Institute for Innovative Practice*

## Certification Courses:

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

**[ 5 ]** *Mental Health First Aid*

**[ 6 ]** *Youth Mental Health First Aid*

## Essential Skills Courses:

**[ 7 ]** *Engaging with Clients in a Crisis*

**[ 8 ]** *The Art of Group Facilitation*

**[ 9 ]** *The Art of the Case Note*

**[ 10 ]** *Safety in the Community*

**[ 11 ]** *Foundational Concepts of Client Engagement*

**[ 12 ]** *Mastering Professional Communication*

**[ 13 ]** *Narrative Approaches for Healing Trauma*

**[ 14 ]** *CT Fair Housing Laws: Helping Clients Understand Their Rights*

**[ 15 ]** *Lifelong Impact of Early Trauma: Work with Adult Survivors of Childhood Abuse*

**[ 16 ]** *Understanding Borderline Personality Disorder*

**[ 17 ]** *Post-Traumatic Stress Disorder (PTSD)*

Essential Skills, Clinical Practice Skills, and Leadership Development Courses continued on next page.

# THE CONNECTION TRAINING CATALOG

## Essential Skills Courses (continued):

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

**[ 19 ]** *Cultural Competence*

**[ 20 ]** *Unconscious Bias: Impediments to the Therapeutic Relationship*

**[ 21 ]** *Validation: The Essential Element of Empathic Communication*

**[ 22 ]** *Hoarding*

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

## Clinical Practice Skills Courses:

**[ 24 ]** *Advanced Approaches to Dialectical Behavioral Theory*

**[ 25 ]** *Serving Those Who Serve: Support for Veterans and Their Families*

**[ 26 ]** *Early Signs of Mental Health Disorders in Youth*

**[ 27 ]** *Best Practices for Treatment of Opioid Use Disorder*

## Leadership Development Courses:

**[ 28 ]** *Optimal Communication Strategies for Managing Supervisory Challenges*

**[ 29 ]** *Planning and Facilitating Effective Meetings*

**[ 30 ]** *Motivational Training for Professionals: Approaches that Drive Employees to Success*

Organizational Health, Wellness at Work, and Special Topics in Community Justice Courses continued on next page.

# THE CONNECTION TRAINING CATALOG

## Organizational Health Courses:

**[31]** *Creating Inclusive Trauma-Informed Systems of Care*

## Wellness at Work Courses:

**[32]** *Compassion Fatigue*

**[33]** *Staying Healthy at Work*

## Special Topics in Community Justice Courses:

**[34]** *Using the Stages of Change Model to Promote Behavior Change*

# Registration

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

# Certificates of Attendance/CEUs

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.

# Course Cancellation & Postponements

If a training is canceled, all participants will be notified no later than two days prior to the scheduled session. If The Connection is closed or has a delayed opening due to inclement weather, all training participants will be contacted regarding changes to the schedule.

# Scheduling

Participants may withdraw from individual courses at least five business days prior to the training to receive a credit. Cancellations made without adequate notification will not be refunded.

Training packages, series, and Mental Health First Aid courses are non-refundable.

Participants can withdraw from individual courses by contacting Nikita Joslyn, LMSW, Business Development Manager.

# Questions?

Contact Nikita Joslyn, LMSW,  
Director of Business Development  
at 860 343-5500 x2110



# Join us!

*Become a member  
of The Institute for  
Innovative Practice*

*Receive unlimited training and professional development for one annual fee. No restrictions.*

Individual Membership (\$399 Annual Membership)

**Exceptional**

Courses are curated and delivered by industry professionals, with a focus on the integration of evidence-based theory into actual practice.

**Cost Effective**

We provide a centralized training solution for busy human service providers. Recordings of all virtual training sessions are made available to members.

**Member-Focused**

We value your feedback and knowledge. Membership includes participation in learning community discussions to ensure the highest quality, most relevant training content.

## For Organizations

**Workforce Competence**

Provide your staff with the foundational knowledge and skills that result in optimal client outcomes.

**Retention**

Offer valued employees career development opportunities and develop your future leaders.

**Tracking**

Access biannual training utilization reports to protect your return on investment.



# The Institute for Innovative Practice

## Meet Your Mission

### *Put our 50 years of operations and business experience to work for your organization*

We understand the unique challenges that nonprofit organizations face to maximize the resources available to best carry out their missions. We share the lessons we have learned in the day-to-day operations of our own organization to help other organizations thrive.

The Connection has served more than 270 organizations in the past three years in training and consultation. This includes staff from universities, municipalities, other non-profits, and for-profit companies.

#### Training

Our trainings are curated and delivered by industry experts and are available virtually for convenience and safety.

- ▶ Certification Courses
- ▶ Essential Skills
- ▶ The Art of Communication
- ▶ The Insightful and Intuitive Professional
- ▶ Leadership Development
- ▶ Organizational Health
- ▶ The Science of Wellness
- ▶ The Successful and Accountable Nonprofit

**Don't see what you are looking for?** Tell us about your unique training needs! We can design training content to meet your specifications or provide programs we already have for your team at a date, time, and location convenient for you.

#### Consultation

Our team of professional consultants have the expertise to guide and support your organization in the following areas:

- ▶ Grant Writing
- ▶ Operations
- ▶ Capacity Building
- ▶ Project Management
- ▶ Development Strategy
- ▶ Communications Strategy
- ▶ Preparing Your Organization for Accreditation

**Contact us today to set up your first appointment.** All services begin with a free consultation so we can clearly understand your needs.



## CERTIFICATION COURSE

# Adult and Pediatric CPR/First Aid/AED

This course teaches participants how to recognize and respond appropriately to cardiac, breathing, first aid, and opioid overdose emergencies. Participants 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 receive a 2-year CPR and First Aid certification through the American Red Cross.**

March 14, 2023

May 23, 2023

August 1, 2023

March 28, 2023

June 6, 2023

August 15, 2023

April 25, 2023

June 21, 2023

August 29, 2023

May 9, 2023

July 18, 2023

### TIME

1:00pm – 3:30pm

### LOCATION

100 Roscommon Drive, Suite 203, Middletown, CT

### PRESENTER

Nikita Joslyn, LMSW, Director of Business Development, The Connection

### COST: \$100





## CERTIFICATION COURSE

# Mental Health First Aid

Mental Health First Aid is a SAMHSA-endorsed, nationally recognized skill set designed to assist someone who is displaying signs of an emergent mental health problem or is experiencing an acute mental health crisis. This virtual course, designed primarily for non-clinical audiences, 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 these complex issues through providing a simple, effective action plan that ensures a safe and empathic response to individuals in crisis. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

**Attendees will be required to complete a 2-hour, self-paced online course, before participating in the Instructor-led session.**

March 22, 2023

April 17, 2023

May 15, 2023

June 13, 2023

July 19, 2023

August 17, 2023

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### TIME

9:00am – 2:00pm

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### PRESENTER

Nikita Joslyn, LMSW, Director of Business Development, The Connection

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### COST: \$150

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



# Youth Mental Health First Aid

Youth Mental Health First Aid teaches participants how to identify, understand, and respond to signs of mental illness and substance use disorders in adolescents and young adults. This virtual training will give anyone who works with youth the skills they need to reach out and provide initial support for emergent or existing behavioral health problems and make referrals to the appropriate level of care. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

**Attendees will be required to complete a 2-hour, self-paced online course, before participating in the Instructor-led session.**

April 6, 2023

June 23, 2023

August 30, 2023

**TIME**

9:00am – 1:30pm

**PRESENTER**

Nikita Joslyn, LMSW, Director of Business Development, The Connection

**COST: \$150**

**CONTINUING EDUCATION:** This training has been approved for 4.5 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connecticut Certification Board (CCB).



## ESSENTIAL SKILLS COURSE

# Engaging with Clients in a Crisis

Effective crisis de-escalation is a necessary skill for anyone who works with people. In the human services, mastering the art of crisis management is not only necessary for the safety of staff and clients; it also offers powerful opportunities to assist clients in modulating their emotions and can also enhance engagement. This course will present a trauma-informed approach to crisis management, which begins with a mindset of connection vs. control. As helpers we tend to move quickly to a “squash it and fix-it” approach, which can quickly enflame situations. In contrast, a focus on empathic engagement will move clients out of fight, flight or freeze states so they can problem-solve rather than react. The Heart-Head-Heart model will be presented as an extremely effective way to validate, de-escalate, and provide solution-focused strategies to assist those in need.

**Suggested prerequisite course: Providing Care Through a Trauma-Informed Lens**

March 9, 2023

June 16, 2023

April 19, 2023

July 13, 2023

May 18, 2023

August 24, 2023

### TIME

9:30am – 12:30pm

### PRESENTER

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management, The Connection

### COST: \$149

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



# The Art of Group Facilitation

This course will discuss the fundamental concepts of effective group facilitation, and the natural stages of a group from inception to termination. Participants will learn the mechanisms by which groups facilitate change, how to set group and individual goals, how to understand and manage the roles of group members, and strategies to maintain strong group cohesion. We will also discuss the dynamics of open vs. closed-ended groups, and techniques for managing challenging behavior.

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**DATE**

July 11, 2023

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**TIME**

1:00pm – 3:00pm

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

**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).



# *The Art of the Case Note*

“If it’s not documented, it didn’t happen.” The accurate and timely recording of work with clients is an essential skill in the human services and an important indicator of effective case planning but writing a good case note is not as easy as it may seem. This workshop will give participants the knowledge they need to produce documentation that is professional in both tone and content, providing a thorough record of client progress, and the role of the practitioner in facilitating change.

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**DATE**

March 23, 2023

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**TIME**

1:00pm – 3:00pm

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

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# Safety in the Community

Work in the community requires attention to safety: developing a high level of environmental awareness, knowledge of potential dangers, and following a plan, including program and agency protocols to ensure the wellbeing of yourself and those you serve. This training will focus on services provided in the home of clients, teaching the skills of preparation before the home visit, precautions when traveling to and from the residence, and managing safety issues that may arise during the visit. We will also discuss how to prevent conflict from escalating into a crisis through validation and respectful communication. Case studies will be used to illustrate the principles discussed.

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**DATE**

April 13, 2023

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**TIME**

1:00pm – 3:00pm

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

**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).



# Foundational Concepts of Client Engagement

Our work in the human services field is primarily accomplished through relationships. The ability to authentically connect with a client is the factor that most significantly contributes to successful outcomes. This training will explore the basic elements of client engagement, offering participants the opportunity to practice techniques that will create the conditions for a positive, collaborative relationship with clients. Topics covered include: reflective listening, building rapport, enhancing client motivation, and managing conflict in the helping relationship.

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**DATE**

April 27, 2023

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**TIME**

1:00pm – 3:30pm

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

**CONTINUING EDUCATION:** This training has been approved for 2.5 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connecticut Certification Board (CCB).



# Mastering Professional Communication

Clear communication — the ability to accurately and effectively convey ideas to colleagues and clients — is a critical skill in the helping professions. An essential component of effective communication is understanding that everyone has a unique communication style, and that problems and misunderstandings can arise when styles clash. This training will teach participants how to recognize and effectively work with, not against, any communication style, greatly enhancing our efficiency, effectiveness, and our ability to empathize with others.

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**DATE**

May 5, 2023

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**TIME**

9:30am – 12:00pm

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**PRESENTER**

Nikita Joslyn, LMSW, Director of Business Development, The Connection

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**COST: \$149**

**CONTINUING EDUCATION:** This training has been approved for 2.5 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connecticut Certification Board (CCB).





# Narrative Approaches for Healing Trauma

Many of our clients have experienced trauma at its most impactful: direct physical and emotional harm and/or neglect in early childhood, often compounded by experiences of racism, poverty, homelessness, and behavioral health challenges. The result is often an early life marked by pain and confusion, and an identity of being unwanted. The basic concepts of narrative therapy offer a powerful antidote to this complex trauma. The techniques described in this training can be implemented by anyone, most importantly direct-care providers, who can help shape everyday conversations into opportunities to create healing and empowering life stories for clients entrusted to our care.

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**DATE**

May 25, 2023

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**TIME**

9:30am – 11:30am

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

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**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).



# *CT Fair Housing Laws: Helping Clients Understand Their Rights*

This training is designed to help you become a better housing advocate for your clients through providing crucial information about accessing and protecting their rights. Topics covered will include common housing-related issues, tenants' rights, and Connecticut housing laws.

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**DATE**

May 11, 2023

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**TIME**

1:00pm – 3:00pm

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**PRESENTER**

Rashida Rattray, Education & Outreach Coordinator,  
The Connecticut Fair Housing Center

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**COST: \$149**

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# Lifelong Impact of Early Trauma: Work with Adult Survivors of Childhood Abuse

The Adverse Childhood Experiences (ACES) study brought to light the lifelong effects of early trauma, changing the way we think about adult physical and mental health, from substance use to eating disorders. This course will focus on the effects of early trauma from a perspective that integrates the physiological and psychological effects of trauma, and how this impacts the helping process. Participants will learn how to avoid common triggers and establish a therapeutic alliance that nurtures healing and resilience.

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**DATE**

August 10, 2023

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**TIME**

9:30am – 11:30am

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

**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).



# Understanding Borderline Personality Disorder

Adult Borderline Personality Disorder (BPD) is highly correlated with experiences of early childhood trauma, and many direct care staff and case managers in the human services will likely support individuals with this serious condition at some point in their careers. The high degree of emotional dysregulation and mood instability characteristic of BPD can wreak havoc on relationships, including the therapeutic alliance. This training will explain the symptoms and behaviors commonly associated with BPD, with a focus on strategies to establish and enhance engagement. The importance of self-care and boundaries will also be discussed as crucial elements of maintaining a healthy helping relationship that protects you and your client.

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**DATE**

June 22, 2023

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**TIME**

9:30am – 11:30am

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

**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).



# Post-Traumatic Stress Disorder (PTSD)

PTSD is extremely common in the general population, and the term itself has become somewhat ubiquitous. Nevertheless, the condition itself can be extremely debilitating, and treatment to address symptoms is a complex process. This training will discuss the causes of PTSD, understanding symptoms, and treatment options of proven effectiveness. We will also distinguish between classic PTSD and Complex PTSD, such as that which results from early childhood traumatic experiences. Participants will learn to recognize trauma-based reactions and behaviors and will learn techniques to engage with and de-escalate those who are experiencing a triggering event.

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**DATE**

July 7, 2023

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**TIME**

9:30am – 11:30am

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

**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).



# 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 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.

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**DATE**

July 14, 2023

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**TIME**

9:00am – 12:00pm

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**PRESENTER**

Aleksandra Slaski, LPC, Associate Director, The Connection Center for Behavioral Health & Women's REACH Programs

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**COST: \$149**

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



# Cultural Competence

Developing intercultural competence, an absolute necessity for anyone working in the human services field, is an ongoing process involving awareness building, knowledge, and excellent communication and interpersonal skills. This course will explore culture from the perspectives of diversity, equity, and inclusion, with a focus on identifying the unconscious bias we all harbor and which can be a hindrance to the therapeutic alliance.

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**DATE**

July 26, 2023

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**TIME**

9:30am – 11:30am

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

**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).



# Unconscious Bias: Impediments to the Therapeutic Relationship

Practitioner self-awareness is a hallmark of an effective human services provider. The ability to reflect on one's behavior and emotional reactions is a necessary component of quality client care and practitioner self-care. This course will be an opportunity for each participant to explore the unique values, motivations, and attitudes that underly their professional behavior with clients. Case studies will highlight the harm that can arise from unconscious bias. Strategies will also be presented for ensuring a truly collaborative, non-judgmental relationship with those we serve.

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**DATE**

July 28, 2023

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**TIME**

9:30am – 12:00pm

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

**CONTINUING EDUCATION:** This training has been approved for 2.5 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connecticut Certification Board (CCB).





# Validation: The Essential Element of Empathic Communication

Validation is the cornerstone of reflective listening and a key skill for crisis de-escalation. Often it is relegated to a brief acknowledgement of the obvious by restating the concern expressed and adding “but” to the end of the phrase. That addition of “but”, whether spoken or unspoken, effectively stops communication in its tracks and sends the message that we are not really listening. This course will offer a validation boot-camp, taking a deep dive into the communication skill that gives clients the direct experience of being heard. We will clarify exactly what we are validating, explore our reluctance to spend more time on this vital step, and hone the critical skill of listening to understand.

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**DATE**

August 3, 2023

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**TIME**

9:30am – 12:00pm

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

**CONTINUING EDUCATION:** This training has been approved for 2.5 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connecticut Certification Board (CCB).



# Hoarding

According to the National Alliance on Mental Illness, hoarding behavior that reaches a level of clinical pathology is not uncommon, affecting up to one in twenty people. In addition to creating extremely unsafe living environments, this potentially devastating condition can have significantly negative cognitive, emotional, and social effects on the lives of individuals and families. This comprehensive training will discuss theories about the root causes of hoarding behavior, dispel common myths, and discuss other mental health disorders associated with hoarding. “Dos and Don’ts” for empathically supporting those living with this disorder will be presented.

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**DATE**

August 18, 2023

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**TIME**

9:30am – 11:30am

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

**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).



# Providing Care Through a Trauma-Informed Lens

This comprehensive training provides an in-depth exploration of the art and science of trauma-informed care, with a focus on applying theory to direct practice applications. Trauma will be discussed as a universal human experience, giving participants the opportunity to think about the complex trauma of those served, the life experience that each helper brings to the work, and how to form healing relationships that position clients for optimal success. Key topics include: the science of traumatic memory, viewing challenging behavior as the communication of a need, the importance of self-awareness and self-care for providers, and strategies for building safety and trust.

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**DATE**

August 23, 2023

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**TIME**

9:30am – 11:00am

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

**CONTINUING EDUCATION:** This training has been approved for 1.5 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connecticut Certification Board (CCB).



# Advanced Approaches to Dialectical Behavioral Theory

Dialectical Behavioral Therapy (DBT) approach can be an extremely powerful tool to create long-lasting behavioral change and improve your treatment outcomes. DBT combines empirically validated techniques from Cognitive Behavioral Therapy (CBT) with core mindfulness concepts to change deeply ingrained, maladaptive behavioral patterns — perfect for those clients who seem resistant to your current therapeutic techniques. This practice-oriented webinar will teach DBT techniques through focused discussion and direct demonstration.

This advanced course is recommended for those with previous DBT training.

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**DATE**

April 28, 2023

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**TIME**

9:00am – 12:00pm

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**PRESENTER**

Aleksandra Slaski, LPC, Associate Director, The Connection Center for Behavioral Health & Women's REACH Programs

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**COST: \$149**

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



# Serving Those Who Serve: Support for Veterans and Their Families

Many professionals will work with individuals who have served in the military, or the people supporting them. The multiple challenges faced by veterans in reintegrating themselves into their families and communities following service are now widely recognized as a public health issue. This training will focus on the unique needs of veterans and their support network. 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 and their loved ones. This course fulfills the continuing education requirement for training in Veteran Services.

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**DATE**

May 24, 2023

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**TIME**

1:00pm – 3:00pm

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

**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).



# Early Signs of Mental Health Disorders in Youth

This comprehensive training provides an in-depth exploration of the art and science of trauma-informed care, with a focus on applying theory to direct practice applications. Trauma will be discussed as a universal human experience, giving participants the opportunity to think about the complex trauma of those served, the life experience that each helper brings to the work, and how to form healing relationships that position clients for optimal success. Key topics include: the science of traumatic memory, viewing challenging behavior as the communication of a need, the importance of self-awareness and self-care for providers, and strategies for building safety and trust.

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**DATE**

June 14, 2023

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**TIME**

1:00pm – 3:00pm

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**PRESENTER**

Nikita Joslyn, LMSW, Director of Business Development, The Connection

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**COST: \$149**

**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).



# Best Practices for Treatment of Opioid Use Disorder

This workshop will present an evidence-based overview of the dynamics and effective treatment of Opioid Use Disorder. Topics covered will include the classification of opioids; indicators and risk factors for opioid misuse; and strategies to promote prevention, treatment and recovery. Medication Assisted Treatment will be addressed, as well as therapeutic interventions to promote whole person wellness.

**This training is offered at no cost.**

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**DATE**

October 12, 2023

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**TIME**

9:00am – 12:00pm

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**PRESENTER**

Aleksandra Slaski, LPC, Associate Director, The Connection Center for Behavioral Health & Women's REACH Programs

Olivia Whittle, LCSW, Clinical Supervisor for The Connection Center for Behavioral Health

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**COST: FREE**

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



# Optimal Communication Strategies for Managing Supervisory Challenges

Moving into a supervisory position means facing new challenges, taking on new responsibilities, and mastering new skills. This training will discuss the crucial aspects of becoming a new supervisor, which include: effective communication, building trust and gaining respect, motivating others to achieve results, and developing your management style. What you learn in this class will arm you with a powerful new set of skills, strategies, and techniques for dealing with the new encounters you will face as you take on your new position and move forward in your career.

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**DATE**

March 15, 2023

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**TIME**

9:30am – 12:00pm

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**PRESENTER**

Nikita Joslyn, LMSW, Director of Business Development, The Connection

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**COST: \$149**

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# *Planning and Facilitating Effective Meetings*

Well-planned meetings are an excellent way for leaders to communicate change, discuss concerns and ideas, and to give and receive feedback. Effective meetings will greatly enhance organizational productivity and efficiency, while poorly planned and facilitated meetings can waste valuable time and frustrate participants. This training will teach managers: how to decide whether a meeting is necessary; how to purposefully plan a meeting, including creating and adhering to an agenda; and how to encourage meaningful participation for all team members.

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**DATE**

April 18, 2023

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**TIME**

1:00pm – 3:00pm

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**PRESENTER**

Maria Dezi, MPH, Administrative Director for Family Support Services Programs,  
The Connection

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**COST: \$149**

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# Motivational Training for Professionals: Approaches that Drive Employees to Success

It is a common belief that the primary motivator for employees is money, but that myth has been debunked by multiple employee satisfaction surveys. Engaged employees seek new challenges and opportunities to be provided with meaningful, stimulating work that makes a difference to the organization and the lives of clients. Finding ways to enhance employee motivation and engagement is a crucial management skill, one that begins with tapping into our own motivation and excitement for the work. This training will discuss goal setting, talent development, and employee engagement strategies that will optimize program outcomes and create stimulating program environments where people will want to stay.

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**DATE**

July 21, 2023

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**TIME**

9:30am – 11:30am

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**PRESENTER**

Nikita Joslyn, LMSW, Director of Business Development, The Connection

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**COST: \$149**

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# Creating Inclusive Trauma-Informed Systems of Care

Becoming a Trauma-Informed organization requires a strong understanding of a systems approach, and a deep appreciation of the human dynamics underlying any significant organizational change. Most trauma-related initiatives are heavily client and direct-care staff oriented, failing to consider the key role of administrative functions. This session will discuss how to successfully infuse trauma-informed principles into the everyday operations of all aspects of your program or organization, in a manner that honors the importance of every role.

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**DATE**

August 31, 2023

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**TIME**

9:30am – 11:30am

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

**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).



# Compassion Fatigue

Work in the human services can be immensely rewarding, but also undeniably challenging. Our capacity for empathy can put us at risk for what is known as compassion fatigue — a complex phenomenon attributable to several factors, including chronic exposure to the emotionality of our clients, the demands of the work itself, and the interface of these with our own lived experiences of trauma. This course will explore the emotional, physical, behavioral, and spiritual signs of compassion fatigue. Strategies for recognizing and addressing our own unique risk and protective factors will be discussed, and participants will complete their own self-care plan.

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**DATE**

May 17, 2023

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**TIME**

1:00pm – 3:00pm

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

**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).



# Staying Healthy at Work

We must face the unavoidable truth that sitting is the new smoking. A sedentary lifestyle and even long periods of inactivity have truly negative consequences on our physical and emotional well-being, not to mention our productivity at work. There is much that we can do in the office setting to break the cycle of inactivity and resultant low-grade, chronic stress that erodes our physical and emotional resilience. This training will present the latest research from the science of wellness to help us infuse our workday with energizing microbreaks that recharge our brains and bodies, and equally important, create new habits that prioritize self-awareness and self-care.

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**DATE**

June 15, 2023

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**TIME**

9:30am – 11:30am

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**PRESENTER**

Michele Klimczak, MA, LMSW, Assistant Vice President of Training & Grant Management,  
The Connection

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**COST: \$149**

**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).



# Using the Stages of Change Model to Promote Behavior Change

The Stages of Change model (also called The Transtheoretical Model) focuses on the decision-making process of individuals and assessing their readiness to make significant behavioral changes. The model is used extensively in the behavioral health field, particularly with individuals struggling with substance use disorders. Understanding an individual's readiness to change can help foster a therapeutic alliance and promote motivation, as well as guiding the choice of appropriate treatment strategies. This training will provide human service professionals with the basic concepts and tools needed to effectively use the Stages of Change model when working with clients to make positive life changes.

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**DATE**

August 4, 2023

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**TIME**

9:30am – 12:00pm

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**PRESENTER**

Nikita Joslyn, LMSW, Director of Business Development, The Connection

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**COST: \$149**

**CONTINUING EDUCATION:** This training has been approved for 2.5 Continuing Education Credit Hours by the National Association of Social Workers, CT (NASW) and Connecticut Certification Board (CCB).



**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 Assistant Vice President  
of Training & Grant Management,  
**Michele Klimczak, MA, LMSW**, for more information:

**860 343-5500 x1051**  
**[mklimczak@theconnectioninc.org](mailto:mklimczak@theconnectioninc.org)**



**[theconnectioninc.org/training](http://theconnectioninc.org/training)**