

The Connection Training Catalog

SPRING/SUMMER EDITION

THE CONNECTION TRAINING CATALOG

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Microsoft Excel Training Courses:

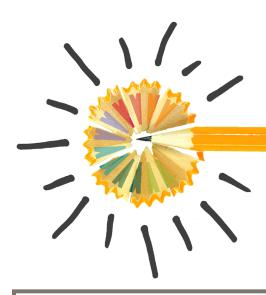
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Registration

Participants may register online at **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.

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 individual courses at least five business days prior to the training to receive a refund. Cancellations made without adequate notification will not be refunded.

Training packages and series are non-refundable.

Participants can withdraw from individual courses by contacting Nikita Joslyn, Training & Staff Development Specialist.

Questions?

Contact Nikita Joslyn, Training & Staff Development Specialist at 860 343-5500 x2110

Leadership Academy - \$325

Leadership Academy is a series 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.

The Leadership Academy includes the following courses:

- > Becoming a Leader
- Motivational Interviewing for Supervisors
- > Developing a Customer Service Orientation for Supervisors
- > Team Building Skills
- > Project Management

CEU Package - \$199

Are you a licensed professional in need of CEUs? The Connection is offering a special CEU package for professionals who need annual continuing education hours to maintain their licensure. All webinars are approved by the National Association of Social Workers CT Chapter and Connecticut Certification Board for continuing education units. Members are able to attend any of our instructor-led webinars. This package gives members the opportunity to earn up to 15 continuing education hours for \$199.

Workplace Compliance Training Package — \$299

Do your employees know what to do in a difficult situation? Our workplace compliance package contains challenging, thoughtful content that keeps your employees' attention while meeting your compliance needs. Our instructor-led programs help cultivate a considerate working environment. When your employees have the confidence in their skills to act in a crisis your organization will be safer.

The Workplace Compliance package includes the following courses:

- > Adult and Pediatric CPR/First Aid/AED with Blood Borne Pathogens
- > Conflict Resolution
- > Customer Service

- > Mental Health First Aid
- > Cultivating a Respectful Workplace: Sexual Harassment Prevention Training (harassment training is now mandated in NY, CA, ME, CT and DE)

Human Resilience Series - \$150

This training series is based on the science of cognitive and emotional flexibility and will provide an overview of Polyvagal Theory with direct applications to work in the human services. The knowledge that we can impact processes previously thought to be largely unconscious has important clinical implications for work with traumatized individuals and will help us access our natural ability to experience safety and joy in an uncertain world.

The Human Resilience series includes the following courses:

- > Providing Care Through a Trauma-Informed Lens
- > Introduction to the Science of Cognitive Emotional Adaptability
- > Polyvagal Theory



Understanding Traumatic Stress in People Experiencing Homelessness

The loss of a home is outside the realm of everyday experience and is highly stressful and traumatic. Sleeping on the street, in an abandoned building or car, in a shelter, or unstable housing leaves one incredibly vulnerable, feeling out of control, and hopeless. Past traumatic experiences such as illness, violence, combat, loss, and physical or sexual abuse compound the stress of homelessness. This training will provide service providers with an understanding of the relationship between homelessness and traumatic stress, and how to apply trauma concepts to their day-to-day work with people experiencing housing instability.



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



Mental Health First Aid

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 virtual 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 mental illness or substance use disorders. This course has been approved by the National Council for Behavioral Health.

March 23, 2021 April 22, 2021 May 12, 2021 June 12, 2021

June 18, 2021

July 15, 2021

August 19, 2021

- TIME -

9:00am - 1:00pm

PRESENTER -

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

COST: \$80 -

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



LGBTQ Cultural Competency Workshop: Building Awareness & Promoting Allyship

The first half of this training will engage participants in a thorough overview of the LGBTQ community. It will cover an understanding of "who" and "what" we're referring to when we talk about the LGBTQ community. From terminology and definitions to rethinking historical and traditional assumptions about gender and sexuality, this training is foundational to the development of allyship.

The second half will explore the statistics and specific challenges of working with the LGBTQ Community. We will focus on substance abuse, homelessness, and sexual violence as well as important CT laws and protections. Looking to the future, this training will discuss institutional solutions and what individual participants can do to be better allies.



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).



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 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

Participants must attend both days to complete the course successfully.



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).



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's sexual harassment training requirement.

— DATES —

April 15, 2021, 2:00pm - 4:00pm July 13, 2021, 10:00am - 12:00pm

PRESENTER -

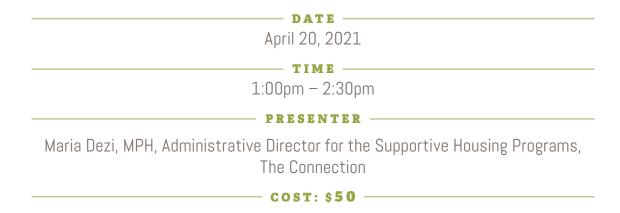
Amanda Wilsher, Human Resources Manager, The Connection

----- COST: S**50** -----



Personal Efficiency: Your Guide to Ultimate Productivity

Have you ever wondered whether you could be doing your work more efficiently? Optimizing your organizational skills will result in greatly enhanced productivity, reduced daily stress, and ultimately improved job performance and satisfaction. Through increasing your personal and professional awareness, you will learn to create clear and focused goals, reduce time-wasting tasks, prioritize and manage demands, and make the best use of your time, so you are able to work smarter, not harder.





Coping with COVID Trauma

COVID-19 has devastated individuals and communities across the globe. The pandemic has caused everyone, from all walks of life, to experience incredible anxiety, pain and loss, particularly front-line and essential workers, who have often had to bear the brunt of the stress. COVID-19 has led to another, less obvious pandemic: collective and individual trauma. No-one is immune from the emotional effects of the pandemic, and ways of coping are as varied as human beings. High levels of stress are causing some to experience an exacerbation of mental health symptoms, and others to develop PTSD-like symptoms. At the very least, most of us are exhausted and frightened by the constant barrage of mostly negative news. This webinar will explore the connection between trauma and COVID, offer techniques for managing the chronic stress of the pandemic and strategies for maintaining optimal wellness during this stressful time.



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).



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 multiple challenges faced by veterans in reintegrating themselves into their families and communities following service 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 and their loved ones.

This course fulfills the continuing education requirement for training in Veteran Services.

May 18, 2021

TIME

1:00pm - 3:00pm

PRESENTER

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

COST: \$50

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.



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).



Emotional Intelligence for Human Service Providers

Emotional intelligence is widely recognized as a valuable skill that helps improve communication, management, problem-solving, and relationships within the workplace. It is also a skill that researchers believe can be improved with training and practice. Emotional intelligence allows you to be in control of your emotions and respond tactfully to difficult situations. Individuals with emotional intelligence are able to relate positively to others in the workplace and are more confident and capable in their careers.

In this webinar, you will learn to identify your communication strengths and weaknesses, evaluate your current level of emotional intelligence, and improve your insight into the connection between emotions and actions which is crucial to our personal and professional success.

June 30, 2021

TIME

9:30am - 12:30pm

PRESENTER

Michele Klimczak, LMSW, Director of Training & Grant Management, 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 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.



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 will provide an in-depth exploration of the art and science of trauma-informed care. Key topics include understanding trauma as a universal human experience, viewing challenging behavior as communication, the importance of self-awareness and self-care for providers, 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.

Participants must attend both days to complete the course successfully.

March 17 & 18, 2021

April 29 & 30, 2021

May 26 & 27, 2021

June 22 & 23, 2021

July 21 & 22, 2021

August 17 & 18, 2021

- TIME -

9:30am - 12:30pm

PRESENTER -

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

COST: S90

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).



Intersectionality & Addiction: Providing Evidence-Based Treatment to Women in Recovery

Intersectionality describes striking differences related to power and resource disparities due to gender, culture, race, ethnicity, and sexual orientation. When these elements converge, they result in interdependent systems of discrimination and disadvantage for many of society's most vulnerable individuals. Women are more likely than men to face multiple barriers to accessing substance abuse treatment and are also less likely to seek treatment. This training will discuss important issues related to women's recovery and intersectionality, exploring multiple dimensions of wellness and offering practitioners concrete ways to support women in their successful recovery.

DATE

May 20, 2021

- TIME -

9:00am - 1:00pm

PRESENTERS

Alison Friar, LMFT, Director of Clinical Development, The Connection Aiesha Phelmetto, LMFT-A, Program Manager of Women's REACH & Hallie House Programs, The Connection

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 Connecticut Certification Board (CCB).



Introduction to the Science of Cognitive and Emotional Adaptability

It is human nature to feel most comfortable with certainty and predictability, but this is not the nature of life, especially in the current world circumstances. Allowing ourselves to adapt and grow during times of change and challenge, to learn from failure, and to face our negative emotions and fears are incredibly empowering. This training, based on the science of cognitive and emotional flexibility, will teach participants how to accept and manage the stresses and uncertainties of life. Goal-directed, solution-focused coping mechanisms will be presented, which will enable individuals to tap into rather than block their natural human resilience.

- DATE

May 11, 2021

TIME -

9:30am - 11:30am

PRESENTER

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

COST: \$50

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).



Polyvagal Theory

Polyvagal theory stunned the scientific world with its description of the way our nervous systems regulate our thoughts, behaviors, and physiology in a process mediated by the vagus nerve: the literal "link" between our brains and our bodies. Polyvagal Theory greatly contributes to our understanding of the way our bodies detect danger and then mobilize for fight or deescalation. This training will provide an overview of Polyvagal Theory with direct applications to work in the human services. The knowledge that we can impact processes previously thought to be largely unconscious has important clinical implications for work with traumatized individuals and will help us access our natural ability to experience safety and joy in an uncertain world.

Complementary trainings include Providing Care Through a Trauma-Informed Lens and Introduction to the Science of Cognitive and Emotional Adaptability—training bundle available.

July 8, 2021

TIME

9:30am - 11:30am

PRESENTER

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

COST: \$50

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).



Microsoft Excel Training, 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. At some point in everyone's career, it is likely that they will be required to create, interpret, or enter data onto a Microsoft Excel spreadsheet. In this entry-level Microsoft Excel training course, participants will learn the following topics:

- > Data entry and navigation
- > Adding columns and rows
- > Copying and creating new sheets
- > Sorting and filtering data
- > Creating and formatting tables
- > Cleaning and reformatting or reorganizing data

DATE —
April 21, 2021
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9:30am - 12:30pm
Susan Phillips, Director of Quality Assurance, The Connection Elissa Viglione, Quality Improvement Specialist, The Connection



Microsoft Excel Training, Part 2: Exploring Data and Creating Reports

Microsoft Excel is a powerful tool essential for managing and presenting data in today's metrics-driven world. Being able to perform basic functions and create charts/graphs for reports is a crucial function of any professional. In this intermediate excel session, participants will learn the following topics:

- > Review data tools: text-to-columns and eliminating duplicates
- > Using formulas to restructure or reorganize data: LEFT/RIGHT/MID, TRIM, CONCAT, COUNTIF
- > Using basic computational formulas including: SUM, AVERAGE, DATEDIF
- > Using logical/conditional formulas: IF
- > Creating graphs
- > Using pivot tables to explore data and answer questions
- > Printing from Excel (or creating PDFs)





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.



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).



Managing Employee Retention & Engagement for Remote Workers

More employees are working remotely than ever before. Initially a response to COVID, many businesses are now making a permanent shift from physical sites to fully operational remote teams, and this trend is expected to rise in the future. Making the transition from an "on-site" manager to a remote team leader can be a very stressful experience, fraught with leadership challenges and demanding trust and patience. At the same time, it has enormous potential to be a rewarding and satisfying experience for all and can increase productivity, reduce employee turnover and boost morale. This webinar will examine some of the common challenges involved in remote management and discuss best practices, approaches, and techniques used to effectively manage and guide remote workers and teams.

- DATE -

June 4, 2021

- TIME -

9:30am - 12:30pm

PRESENTERS

Ruthanne Barrett, PHR, SHRM-CP, Director of Human Resources, The Connection Nikita Joslyn, LMSW, Training & Staff Development Specialist, 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 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.

— **DATE** — July 23, 2021

- TIME -

9:00am - 12:00pm

PRESENTERS

Nikita Joslyn, LMSW, Training & Staff Development Specialist, The Connection Alison Friar, LMFT, Director of Clinical Development, 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 Connecticut Certification Board (CCB).



Evidence-Based Approaches to Working with Forensic Clients

The Connection's Center for the Treatment of Problem Sexual Behavior has been a leading treatment provider for the state of Connecticut for over 20 years. This training will present The Collaborative Model, a state-of-the-art treatment approach which creates a multidisciplinary triad consisting of supervising agencies, clinicians, and victim's advocates working together with the primary focus on reducing sexual victimization in our communities. We will discuss some common misconceptions and concerns about this specialized population, and review treatments of proven effectiveness. This webinar is designed for criminal justice professionals working with individuals who have committed sexual offenses, for clinicians who refer clients to this treatment, and for any professional who wants to learn more.

— DATE —

June 16, 2021

TIME —

10:00am - 12:00pm

PRESENTERS

Corey Rogers, LCSW, Program Director for The Center for Treatment of Problem Sexual Behavior, The Connection

Alisha Argo, NCC, LPC, Clinical Supervisor for The Center for Treatment of Problem Sexual Behavior, The Connection

- COST: \$50 -

CONTINUING EDUCATION: This training has been approved for 2 Continuing Education Credit Hours by the Connecticut Certification Board (CCB).



How Being Trauma-Informed Improves Criminal Justice System Responses

Although prevalence estimates vary, there is consensus that high percentages of justice-involved women and men have experienced serious trauma throughout their lifetime. The reverberating effects of trauma experiences can challenge a person's capacity for recovery and pose significant barriers to accessing services, often resulting in an increased risk of coming into contact with the criminal justice system. This interactive webinar will provide participants with an understanding of the impact of trauma on criminogenic behavior and how to use a trauma-informed approach in the course of service delivery.



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).



Prosocial Role Modeling in Criminal Justice Programming

Prosocial Role Modeling, an evidence-based practice for use with justice-involved and other mandated clients, is the process through which staff serve as positive role models for clients in every interaction, at all times. Beyond the skills of individual staff, pro-social role modeling is ideally an orientation for entire programs, creating a positive, supportive, respectful program environment for staff and clients alike. Topics covered in this interactive training include establishing clear expectations, the appropriate and necessary use of authority, developing empathic relationships while holding people accountable, and respectfully challenging and confronting undesirable behavior. Participants will learn the skills that give clients the lived experience of support, transparency and respect, the foundations of prosocial behavior.



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).



Risk-Need-Responsivity Model

Risk-Need-Responsivity (RNR) is one of the most studied and well-known theories of addressing criminogenic behavior, but one of the most challenging to meaningfully implement. This pivotal model focuses on using data-driven methods to match supervision level to assessed risk, providing treatment that directly addresses identified criminogenic need, and facilitating full and meaningful program participation by adapting treatment to individual characteristics. This training will translate theory into practice, with tools to enhance program and practitioner effectiveness that will result in optimal outcomes for our justice-involved clients.



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 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 Practice,
Michele Klimczak, MA, LMSW, for more information.

MICHELE KLIMCZAK, MA, LMSW

DIRECTOR OF TRAINING & GRANT MANAGEMENT

860 343-5500 ×1051

MKLIMCZAK@THECONNECTIONINC.ORG