



Nirvana Now!

Choosing Inner Peace For You

TRAININGS PORTFOLIO 2023

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E-Track Approved Standardized & Proprietary Curriculums:

PROFESSIONAL

1. Permanency Roundtables-Values (In-person and virtual - 6hr.
2. Permanency Roundtables-Skills (in-person and virtual) - 6hr. Also approved as Permanency Consultant
3. Permanency Roundtable (PRT) Skills Refresher (In-person and virtual – 3hr.
4. Permanency Roundtables-Values, Community Stakeholders (In-person and virtual - 1.5hr.
5. Youth-Centered Permanency Roundtables (In-person and virtual)- 6hr. Also approved as Permanency Consultant
6. Adoption Assessor Training Tier I (virtual & in-person)
 - a. Birth Parent Services – 3hr.
 - b. Pre-Finalization Adoption Services – 3hr.
 - c. Post-Finalization Adoption Services – 3hr.
 - d. Placement Strategies – 3hr.
 - c. Adoption Assistance - 3hr
7. Adoption Assessor Training Tier II (virtual & in-person)
 - a. Diversity Competence In Permanency Planning, Part I, and part II - 6hrs.
 - b. Achieving Permanency Through Inter-Agency Collaboration – 4hr
8. Overview of Child Sexual Abuse (in-person) - 12hr.
9. Sexuality of Children: Healthy Sexual Behaviors and Behaviors that Cause Concern (in-person) 6 hr.
10. Investigating Child Sexual Abuse (in-person) - 6hr.
11. Effectively Working With CASA/GAL's* – (in-person) 3hr.
12. Understanding Culture and Diversity Will Improve Performance Outcomes (in-person) – 6hr.
13. Adolescent Substance Abuse (in-person) -3hr.
14. Alphabet Soup: The Legal Maze Of Placement Decision-Making (in-person) - 6hr.*
15. A Fresh Look at Culture and Diversity: Not Your Grandmother's Culture (in-person) – 6hr.
16. Ethnographic Interviewing – (in-person) 6hr.

CAREGIVER:

17. Achieving Permanency Through Roundtables-Values, Caregivers (virtual & in-person) - 3hr.
18. Achieving Permanency Through Roundtables-Values (virtual & in-person) - 6hr.
19. Foster and Adoptive Parent Pre-Service Training:
 - 1) The Basics of Placement – 2.5 hrs.
 - 2) Trauma Overview – 1.5 hrs.
 - 3) Impact of Trauma on Children In Care – 1.5 hrs.
 - 4) Permanency – 1 hr.
 - 5) Maintaining The Child’s Connection – 1.5 hrs.
 - 6) Partnering With The Primary Family – 1.5 hrs.
 - 7) Effects of Caregiving – 2 hrs.
 - 8) Child Development – 2 hrs.
 - 9) Adolescent Development – 1 hr.
 - 10) Diversity Foundations – 1.5 hrs.
 - 11) Discipline Foundations – 1.5 hrs.
20. Normalcy and The Reasonable and Prudent Parent Standard (in-person) - 3hr.
21. Gaining Independence For Teens in-person) - (12hr. training series for caregivers who parent adolescents.
22. “Keepin’ It In The Family”: The Unique Issues of Kinship Care (in-person) – 3hr.
23. Successful Transcultural Parenting: Dealing with the Dynamics of Difference (in-person) – 6hr.
24. Diagnosis AD/HD: What’s Next? – (in-person) 6-hr.
25. The Effects of Fostering (virtual & in-person) – 3hr.
26. “Play with a Purpose” ...Strategies to Enhance the Parent-Child Relationship (in-person) ** – 3hr.
27. “Mom, Dad, I’m Searching”: the Impact of Search and Reunion on the Family (in-person) ** – 6hr.
28. Understanding and Building Attachment (virtual & in-person) - 3hr.
29. Single Parent Adoptions...Single, But Never Alone. (in-person - 3hr ** (co-developer of training)
30. Discipline In Foster Care: Managing Our Behavior To Manage Theirs (in-person) - 6hr.
31. Relating to Primary Families: Understanding Challenges, Issues, and Strategies for Success-6hr.
32. Engaging Primary Families (virtual & in-person) – 3hr.

33. Recognizing and Responding to Child Sexual Abuse (in-person) - 6hr.
34. Healthy Sexual Development of Children and Teens (virtual & in-person) - 3hr.
35. Role of Caregivers in Healthy Sexual Development of Children and Teens (virtual & in-person)– 3hr.
36. Fostering Self-Reliance in Children and Teens: Roots and Wings -(in-person) 6hr.
37. The Openness Puzzle...3.2.1 Contact (in-person) – 3hr.
38. Cultural Issues in Foster Care: Dealing with Dynamics (virtual & in-person) - 6hr.
39. Basics of Caring for Children Who Have Been Sexual Abuse (virtual & in-person)– 3hr

INTERDEPENDENT LIVING (in CAPS)

1. Helping Teens Prepare For Adulthood Living (virtual & in-person) – 3hr.
2. Financial Preparation & Support For Foster Youth (virtual & in-person) – 3hr.
3. Housing Resources for Former Foster Youth (virtual & in-person) – 3hr.
4. Resources and Partnership Building to Improve Post-Secondary Outcomes for Foster Youth

ADULT PROTECTIVE SERVICES (not in CAPS)

1. Combating Fraud, Abuse, & Exploitation Of LBGTQI+ Older Adult Population (in-person or virtual) 3hrs.
2. Understanding Culture & Diversity Will Improve Performance Outcomes (in-person or virtual) 6hr.
3. Delving Into Elder Sexual Abuse (in-person or virtual) -3hrs
4. Who Would Sexually Assault Their Elder? (in-person or virtual) -3hrs

PROPRIETARY CURRICULUMS (not in CAPS)

PARENTS, CAREGIVERS, TEACHERS, PROFESSIONALS:

1. Understanding Child Sexual Abuse -6hr.
2. Parenting the African American Incest and Child Sexual Abuse Survivor -6-hr.
3. Life After Incest and Child Sexual Abuse -6hr.
4. Caring For Traumatized Children - 3hr., 6hr.
5. Domestic Violence Impact On Children - 6hr.
6. Parenting The Children of Substance Abusing Parents; - 6hr.

7. The Adoption is Final...Real Life Kicks In - 6hr.
8. Advocating For The Special Needs Child - 3hr.
9. Diagnosis vs. Abilities - 3hr.
10. Loving Gay, Lesbian, Bi-Sexual, Transgender, Intersex Youth - 6hr.; 3hr.
11. Successful Engagement With LGBTQI+ Families & Youth – 6hr.; 3hr.
12. So, You Have A LGBTQI+ Identified Youth In Your Home, Now What? - 6hr.; 3hr.
13. Understanding The Stages Of Child Development - 3hr.
14. Understanding Culture and Diversity Will Help You Teach and Parent - 6hr.
15. Independent Living Skills for 13+ Year Old Youth - 3hr. each (attached)
16. Understanding Boundaries...Balancing Personal and Professional Lives - 6hr.
17. My Head Is About To Explode...Managing Life & Work Stressors - 6hr.
18. Sexuality and the Disabled - 3hr.
19. Independent Living: Helping Teens Plan Their Future - 6hr.
20. Are Our Families Difficult OR are We? – 3hr., 6hr.
21. Impact of Trauma On School and Social Interactions- 3hr., 6hr.
22. DEIA: What's it all about?

STAFF DEVELOPMENT: (3HR., 6HR.)

1. Case Management For the Novice - 6hr.
2. Effective Public Speaking - 6hr.
3. Winning Over The Difficult Client - 6hr.
4. Working With Substance Abusing Parents* - 6hr.
5. Understanding Boundaries...Balancing Personal and Professional Lives -3hr.
6. Culturally Sensitive Interviewing - 6hr.
7. My Head Is About To Explode...Managing Life Stressors - 3hr.

8. What's Poverty Got To Do With It... Influences of Poverty In Case Planning - 6hr.
9. Engaging The African American Incest, Child Sexual Abuse & Rape Survivor - 6hr., 12hr.
10. Training In A Diverse Environment (Charlotte Osterman, LSW, co-developer) – 3hr., 6hr.
11. Are Our Families Difficult *OR* Are We? – 3hr., 6hr.
12. Impact of Trauma On School and Social Interactions- 3hr., 6hr.

*Help Me Grow Approved

Other Certified Training Offerings

1. Expect Respect (adolescent support group curriculum for safe and healthy relationships)
2. Bridges Out of Poverty: Strategies For Professionals and Communities - Provides a framework for understanding poverty and reviews the skills, policies, and procedures that will enable organizations & communities to become more skilled in working with individuals who are in poverty - 1-day, 2-day (in CAPS)
3. Getting By In A Just Gettin' By World – a 15-week program for people living in poverty that is designed to assist participants to develop a plan to change their life circumstances.
4. Getting Ahead While Getting Out – a 20-week program for incarcerated individuals and their families that is designed to assist with re-entry into the community and realizing the goal of preventing recidivism.
5. Workplace Stability - Instability is another measure of diversity in your workforce. Low-income environments are a major contributor, and low-wage employees often experience the “tyranny of the moment” brought on by problems with resources like transportation, healthcare, childcare or eldercare, housing, language, or communication, or managing financial or legal matters. Learn simple, inexpensive solutions you can implement to help stabilize your employees’ lives—and boost your profitability and competitive advantage. – 1 day.
6. Getting Ahead In The Workplace – 15-week facilitated sessions to help under-resourced people build resources and gain control over their future stories, for a better life at home and at work. Participants create their own success by investigating: The realities of conditions at home/work/community and how they impact stability, The “hidden rules” and special language of getting ahead in the workplace, How to build resources and relationships that open doors and help keep them open, Practical skills for dealing with change and creating stability at work and at home, and The power of intentionally creating and following a new future story plan
7. Understanding Infant Adoptions – 6hr.
8. Ties That Bind: Substance Abuse In The Kinship Family, 2-day

Organization specific training can be developed when within the expertise of Nirvana Now! trainers.