

## In This Issue:

**Adolescent Suicide Prevention and Intervention.....2**

**Compassion Fatigue.....2**

**Introduction to Occupational Therapy .....3**

**Let's Talk It Over: A Presentation from Youth in Residential Treatment .....3**

**Leading Devotions.....4**

## Plus Additional Trainings

*Wedgwood Christian Services, provider # 1175, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) program. Wedgwood Christian Services maintains responsibility for the program. Wedgwood Christian Services is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC-0059*

# Motivational Interviewing 1-5

**Part 1—What it is and Why it Works** - We will briefly cover the major components involved in Motivational Interviewing. We will discuss how these theories work together to create a thought process that draws people to deal with the problem of motivation and ambivalence in their lives.

**Part 2— How it Works**—We will briefly cover the major clinician's response involved in Motivational Interviewing. We will discuss how these responses work together to create a strong therapeutic relationship and assist clients to increase their motivation to change.

**Part 3—Building Motivation to Change**—We will cover the major hurdles to change; specifically the role of ambivalence and fear in the change process. We will also look at traditional roadblocks that clinicians often have that prevent us from hearing our clients well.

**Part 4—Increasing Internal Motivation and Managing**—We will cover what to listen for and how to impact internal motivation and discuss what type of resistance one can expect to experience as well as how to manage this resistance.

**Part 5—Strengthening Commitment to Change**—We will focus on enhancing confidence and strategies for strengthening commitment and motivation to change. We will discuss how to listen for, as well as elicit change talk, and the value of change talk in the process.

### DATES/TIMES:

- Part 1—Friday, January 13, 9—11 am
- Part 2— Friday, January 27, 9—11 am
- Part 3— Friday, February 10, 9—11 am
- Part 4— Friday, February 24 , 9—11 am
- Part 5—Friday, March 3, 9—11 am

**LOCATION:** Garrett Conference Room

**FACILITATOR:** Anthony Muller , MA, LPC, CAADC, CCS

**COST:** \$20 + \$10 for 2 CEU's and MCBAP Specific hours



# WINTER SESSION

## Compassion Fatigue

In this session we will identify coping strategies that you can use to increase your resiliency and develop ways to find support for yourself and give support to your colleagues by exploring compassion fatigue symptoms and learning the ABC's of Prevention.  
Put Joy, Love, Hope, Laughter and Gratitude in Each Day!

**DATE:** Tuesday, January 17

**TIME:** 9:00 am—10:30 am

**LOCATION:** Garrett Conference Room

**PRESENTER:** Barbara Jourdan

**COST:** \$20.00

## Adolescent Suicide Prevention and Intervention ▼

This class is based on material published by the National Center on Institutions and Alternatives (NCIA) in 2013, recognized as the most comprehensive and up-to-date instruction on suicide prevention in residential juvenile facilities. The course was designed to equip direct care, medical, mental health, and education personnel with a comprehensive understanding of suicidal behavior as it relates to the environment of a residential treatment center. It includes information on juvenile suicide research, guiding principles to suicide prevention, why facility environments are conducive to suicidal behavior, staff attitudes about suicide, predisposing factors, warning signs and symptoms, high-risk periods, components of suicide prevention policies, instruction regarding staff response to a suicide attempt, stress debriefing, and liability issues.

*This class is strongly recommended for all direct care staff who have not had suicide prevention training within the past year.*

**DATE:** Wednesday, February 22

**TIME:** 9:00 am—11:00 am

**LOCATION:** Garrett Conference Room

**PRESENTERS:** David Blakeslee, Jeff Walters

**COST:** \$20.00 +\$10.00 for 2.0 CEU's

# WINTER SESSION

## Introduction to Occupational Therapy ▼

Many individuals struggling with mental illness have not developed abilities to appropriately process sensory input due to chemical imbalances, trauma, abuse, neglect or other delays. This results in difficulty feeling safe in their environment and their own bodies. When a person cannot adequately process sensory input, it can be hard simply making it through the day.

Individuals often spend so much energy trying to cope with and compensate for sensory processing challenges that it creates barriers to the effectiveness of psychological treatment. This workshop covers the basics of sensory processing. We will explore what sensory processing is, how it affects those struggling with mental illness and some basic ways that we can use sensory strategies effectively.

*This training is required for all Developmental Care Specialists within their first year of employment.*

**DATE:** Thursday, March 23

**TIME:** 9:00 am—11:00 am

**LOCATION:** Garrett Conference Room

**PRESENTER:** Ashley Havemeier, COTA/L

**COST:** \$20.00 + \$10.00 for 2.0 CEU's

## Let's Talk It Over: A Presentation by Youth in Residential Treatment

Some of the best learning experiences available to professionals in child and family services come about when we take the time to listen deeply to the young people that we serve. Their perspective on what it's like on the receiving end of our efforts can open our eyes and warm our hearts. This panel presentation will feature members of Wedgwood's Resident Advisory Council, along with representatives from Wedgwood's Quality Assurance Department. They will tell stories in creative ways that allow us to have a better understanding of what it's like to live in a Residential Treatment environment. Whether you work in a direct care role or impact the lives of kids through supporting services, you'll gain new insight from, and appreciation for, the youth who bring their life and energy to our homes.

*This training is designed for Wedgwood staff .*

**DATE:** Thursday,, January 19

**TIME:** 9:00 am—11:00 am

**LOCATION:** Garrett Conference Room

**PRESENTERS:** David Blakeslee, Cara Dubois, and Jeanie Sroka

# WINTER SESSION

## Leading Devotions

Leading devotions can feel overwhelming and intimidating and it doesn't need to be. This hands-on training will show you just how easy and simple leading devotions can be. We will review the agency's expectations for devotions within the unit, creative suggestions and give you a heap of resources so you can not only lead devotions with confidence, you can train the other staff you work with as well.

**DATE:** Tuesday, March 21  
**TIME:** 9:00 am—11:00 am  
**LOCATION:** Nagel Chapel Sanctuary  
**PRESENTER:** Emily Vanden Heuvel  
**COST:** \$20

## Introduction & Recertification to CPR

Become certified in CPR through the American Heart Association's curriculum. Staff will follow a video presentation that provides you with additional time to master each skill.

*This training is required for all direct care staff within their first year of employment, with recertification every two years.*

**DATE:** Thursday, February 23  
**TIME:** 11:00 am—1:00 pm  
**LOCATION:** Garrett Conference Room  
**PRESENTER:** Wedgwood Institute Trainers  
**COST:** \$30

## Introduction & Recertification to First Aid

Become certified in First Aid. Learn the basics of treating cuts, sprains, strains, and burns as well as how to respond to a variety of medical concerns.

*This training is required for all direct care staff within their first year of employment, with recertification every two years .*

**DATE:** Thursday, February 23  
**TIME:** 9:00 am—11:00 am  
**LOCATION:** Garrett Conference Room  
**PRESENTER:** Wedgwood Institute Trainers  
**COST:** \$30

# WINTER SESSION

## Professional Boundaries ♥

The maintenance of healthy boundaries is important in any relationship, but human service professionals face unique challenges when working with clients whose emotional needs are especially demanding. This session reviews boundary types, explores why and how boundaries get blurred and provides guidelines to stay balanced when conflicts arise.

*This is a mandatory training for all direct-care staff in their first year of employment. Veteran and non-residential staff are also welcome to attend.*

**DATE:** Wednesday, March 15

**TIME:** 1:00 pm—3:00 pm

**LOCATION:** Garrett Conference Room

**PRESENTER:** Jeff Walters

**COST:** \$20

## Agency Awareness/Wellness

This training offers important information primarily for new Wedgwood employees, interns and volunteers. It gives staff an overview of Wedgwood's mission, values, and the many programs offered to the community through our Residential, Community and Educational Services. The session includes an opportunity to meet Wedgwood's CEO Randy Zylstra and Associate Director of Human Resources Marla Cole. An optional orientation to our Wellness Center and campus tour is also provided at the end of the presentation.

*This training is required for all Wedgwood employees, interns, and volunteers.*

**DATES/TIMES:**

Friday, January 20, 10:30 am—12:00 pm

Thursday, March 16, 8:30 am—10:00 am

**Wellness Center Orientation is scheduled for 1/2 hour after Agency Awareness**

**LOCATION:** Garrett Conference Room

**PRESENTERS:** Randy Zylstra

Marla Cole, BA

## Becoming Trauma Sensitive ♥

This is an introduction to trauma-informed treatment that will increase awareness about stress and complex trauma. During this session, participants will explore developmental, interpersonal and psychological impacts associated with complex trauma and discuss different tools to help children heal.

*This is a mandatory training for YTS in their first year of employment.*

**DATE:** Thursday, January 19

**TIME:** 12:30 pm—3:00 pm

**LOCATION:** Garrett Conference room

**PRESENTER:** Bill Everett, MA

**COST:** \$20 + \$10 for 2.5 CE's

## Recipient Rights ♥

All Wedgwood employees are required to complete Recipient Rights training. In order to register for these classes, you must have a UserID and password to the network180.org website in order to receive credit for classes you attend in person or complete online.

Here are the training requirements:

1. **Recipient Rights Intro** is an online training that must be taken prior to employment, or no later than 30 days after being hired. This is a one-hour course hosted on the n180 site. It's accessible from any internet-connected computer.
2. **Recipients Rights Live** is a 3.5 hour classroom training taught by n180 staff. This class should be completed between 90-180 days of hire, after new employees have become acquainted with clients and job expectations. This is the only time that the class needs to be taken in person.
3. **Recipient Rights Online** is the same training as the Intro, with recertification due every year.

Staff must register for classes online. To do so, visit:

<https://lakeshoretraining.org/network180>

Creating a new account is easy. You need to wait 30 minutes before proceeding with the online training.

Please note that you will not be able to “drop in” for a class—you must sign up in advance. You also need to arrive on time. In the past they have shut the door once the class begins.

The classes are hosted at the network180 office, which is located at 3310 Eagle Park Drive, NE, Suite 100 (Garden Level)  
Grand Rapids, MI 49525

**DATES/TIMES for Recipient Rights Classroom training are published on the network180 website:**

<https://lakeshoretraining.org/network180>

**LOCATION:** Network 180, 3310 Eagle Park Drive NE, Suite 100 (Garden Level)  
Grand Rapids MI 49525

**PRESENTER:** Network 180 Facilitators

**COST:** No Charge

# WINTER SESSION

## Introduction to Crisis Management De-escalation ▼

During this session, you will learn the dynamics of escalating and de-escalating tension due to internal and external conflicts and their impact on children's behavior. We review the warning signs of escalating clients, identify appropriate verbal de-escalation strategies and how to use therapeutic relationships to teach crucial self-control skills. "Handle with Care" physical intervention techniques will also be taught as a last resort to keep clients safe when they present danger to themselves or to others. **The Handle with Care training requires an ability to pivot, bend, twist and stoop while bearing weight of individuals served. Ability to lift 50 lbs. non-stationary weight through the approved Handle with Care technique is required. Can you perform the essential duties of this position with or without reasonable accommodations? If you cannot meet this requirement you will be required to provide a note from your physician, to the Wedgwood Institute, prior to the scheduled training date.** Please be sure to dress comfortably and wear close-toed shoes as you will be physically active.

*This training is required within first 90 days of employment for all **Wedgwood** staff who work directly with clients in residential programs.*

### DATES:

Thursday, January 26  
Thursday, February 23  
Friday, March 24

### TIME:

9:00 am—3:00 pm

**LOCATION:** Nagel Conference Center

**PRESENTERS:** Wedgwood Institute trainers

## Crisis Management De-escalation Recertification ▼

This is a refresher course for staff who have already taken the Introduction to CMD. In this session, basic verbal and physical intervention skills are reviewed through instructor led practice, role play and video scenarios. Please be sure to dress comfortably and wear close-toed shoes as you will be physically active. **The Handle with Care training requires an ability to pivot, bend, twist and stoop while bearing weight of individuals served. Ability to lift 50 lbs. non-stationary weight through the approved Handle with Care technique is required. Can you perform the essential duties of this position with or without reasonable accommodations? If you cannot meet this requirement you will be required to provide a note from your physician, to the Wedgwood Institute, prior to the scheduled training date.**

*This recertification training is required every six months for all **Wedgwood** staff who work directly with clients in residential programs.*

### DATES/TIMES:

**VanderArk**—Thu., Feb. 2, 9—10:30am  
**VanAndel**—Tue., Feb. 7, 9—10:30 am  
**Cook Claus**—Tue., Feb. 21, 9—10:30 am  
**Riebel**—Thu., Mar. 2, 9—10:30 am  
**Dawes**—Wed., Mar. 22, 9—10:30 am

**LOCATION:** Nagel Conference Center

**PRESENTERS:** Wedgwood Institute Trainers



# WINTER SESSION

## Introduction to Med Passing

This class will give you the knowledge to correctly and safely dispense medications at Wedgwood to the residential clients. This two-hour training includes a Power-Point on all aspects of medication handling/dispensing, information on commonly used medications, other applicable information, quiz and hands-on medication handling.

*This is designed for Wedgwood residential staff.*

**DATES:**

Wednesday, January 4

Wednesday, February 1

Wednesday, March 1

**TIME:** 9:00 am—11:00 am

**LOCATION:** Garrett Conference Room

**PRESENTER:** Ellen Decker, RN

## Institute for Healing Racism

Join this group to learn about the sin of racism while growing with others in a Christ-centered environment. This will be an opportunity to build bridges with other Christians in the fight against racism.

*NOTE: For Wedgwood staff, Diversity Awareness is a pre-requisite to the I.H.R. This training is required for all full-time Wedgwood employees within their first two years of employment*

**DATES:** Wednesdays, March 1, 8, 15, 22  
**(MUST ATTEND ALL 4 SESSIONS)**

**TIME:** 8:30 am—12:30 pm

**LOCATION:** Garrett Conference Room

**FACILITATORS:** Wedgwood Staff

**COST:** \$175.00 + \$10.00 14.0 CEU's

## Diversity Awareness

Learn about diversity as we lead you through activities, discuss the importance of accountability and celebrate the richness of our differences. All this to help you understand how to enjoy God's hand in diversity.

*This training is required for all staff within their first year of employment.*

**DATE:** Wednesday, February 8

**TIME:** 1:00 pm—3:00 pm

**LOCATION:** Nagel Chapel

**PRESENTER:** Arlan Palmer

**COST:** \$20



# WINTER SESSION REGISTRATION

PLEASE CHECK ALL THE TRAININGS YOU PLAN TO ATTEND

<input type="checkbox"/> Introduction to Medication Passing	Jan 4	9 am—11 am
<input type="checkbox"/> Motivational Interviewing-Part 1	Jan 13	9 am—11 am
<input type="checkbox"/> Compassion Fatigue	Jan 17	9:00—10:30 am
<input type="checkbox"/> Let's Talk It Over: A Presentation from Youth in Residential	Jan 19	9:00—11:00 am
<input type="checkbox"/> Becoming Trauma Sensitive	Jan 19	12:30—3:00 pm
<input type="checkbox"/> Agency Awareness/Wellness	Jan 20	10:30—12:00 pm
<input type="checkbox"/> Introduction to Crisis Management De-escalation	Jan 26	9 am—3 pm
<input type="checkbox"/> Motivational Interviewing-Part 2	Jan 27	9 am—11 am
<input type="checkbox"/> Introduction to Medication Passing	Feb 1	9 am—11 am
<input type="checkbox"/> CMD Recertification (VanderArk)	Feb 2	9:00—10:30 am
<input type="checkbox"/> CMD Recertification (VanAndel)	Feb 7	9:00—10:30 am
<input type="checkbox"/> Diversity Awareness	Feb 8	9 am—11 am
<input type="checkbox"/> Motivational Interviewing-Part 3	Feb 10	9 am—11 am
<input type="checkbox"/> CMD Recertification (Cook Claus)	Feb 21	9:00—10:30 am
<input type="checkbox"/> Adolescent Suicide Prevention and Intervention	Feb 22	9 am—11 am
<input type="checkbox"/> Introduction to Crisis Management De-escalation	Feb 23	9 am—3 pm
<input type="checkbox"/> First Aid	Feb 23	9 am—11 am
<input type="checkbox"/> CPR	Feb 23	11 am—1 pm
<input type="checkbox"/> Motivational Interviewing-Part 4	Feb 24	9 am—11 am
<input type="checkbox"/> Introduction to Medication Passing	Mar 1	9 am—11 am
<input type="checkbox"/> Institute for Healing Racism <b>(Must all 4 sessions)</b>	Mar 1, 8, 15, & 22	8:30 am—12:30 pm
<input type="checkbox"/> CMD Recertification (Riebel)	Mar 2	9:00—10:30 am
<input type="checkbox"/> Motivational Interviewing-Part 5	Mar 3	9 am—11 am
<input type="checkbox"/> Professional Boundaries	Mar 15	1 pm—3 pm
<input type="checkbox"/> Agency Awareness	Mar 16	8:30—10:00 am

<input type="checkbox"/> Leading Devotions	Mar 21	9 am—11 am
<input type="checkbox"/> CMD Recertification (Dawes Court)	Mar 22	9:00—10:30 am
<input type="checkbox"/> Introduction to Occupational Therapy	Mar 23	9 am—11 am
<input type="checkbox"/> Introduction to Crisis Management De-escalation	Mar 24	9 am—3 pm

Please note that Wedgwood employees who have accounts in the Relias Learning Management System can now manage their enrollment in most of the classes offered through the Wedgwood Institute. To do so, go to your My Learning page and look for the "Sign Up" link located just under the class title. From there, you'll see a list of dates and times to choose from. Simply click the "Enroll Now" button and you're registered! Some classes may have limited enrollment, or require prior approval by Institute administrators (e.g. Institute for Healing Racism.) You can still use this form or the steps below to sign up for classes, but Relias now offers a new convenient option!

PLEASE PRINT

Name: \_\_\_\_\_  
 Organization: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

**MAIL:** Wedgwood Institute 3300 36th Street SE  
 Grand Rapids, MI 49512

**E-MAIL:** Institute@wedgwood.org

**PHONE:** (616) 942-2110 **FAX:** (616) 942-0589

♥ Symbol for Youth & Family Requirements

FOUR WAYS TO REGISTER!



**WEDGWOOD**

INSTITUTE

LIFELONG LEARNING

3300 36th Street SE

Grand Rapids, MI 49512