

Category	Title	Description	CEUs	Date	Start Time	End Time	Location	Sponsoring Agency	Intersectional Category/ies (if applicable)
Health & Safety	Supporting System-Involved Youth and Young Adults Disordered Eating Habits	Eating disruptions are becoming more prevalent with youth and young adults. This training provides an overview of the different types of eating disruptions, available supports and strategies to engage youth and young adults with eating disruptions as well as those at risk. The training will also cover how family members can support a youth with eating disruptions. Please register at: https://www.eventbrite.com/e/supporting-youth-young-adults-with-eating-disruptions-tickets-887883903657	5	6/3/2024	9:00 AM	2:00 PM	DISTANCE LEARNING	Lincoln Families	For Caregivers, Behavioral Strategies
Health & Safety	Best Practices for Group Facilitation for At-Risk Youth	Many social service providers provide workshops and groups for at-risk youth and many have not been formally taught how to facilitate groups. This training will provide an overview of best practices of group facilitation. Participants will also learn how to navigate challenging situations in groups such as redirecting a youth, a youth monopolizing the conversation, etc. Please register at: https://www.eventbrite.com/e/best-practices-in-group-facilitation-for-at-risk-youth-tickets-887871867657	4	6/4/2024	1:00 PM	5:00 PM	DISTANCE LEARNING	Lincoln Families	Behavioral Strategies
Family Issues	The Impact of Parental Incarceration on System-Involved Youth and Families	Given the disproportion number of people of color in the prison population, it is important to understanding mass incarceration and how it impacts youth. In this training we will talk about the historical context of mass incarceration, why mass incarceration exists, how it impacts youth and strategies to support youth who have an incarcerated parent. Please register at: https://www.eventbrite.com/e/the-impact-of-parental-incarceration-on-system-involved-youth-and-families-tickets-888021073937	7	6/5/2024	9:00 AM	4:00 PM	DISTANCE LEARNING	Lincoln Families	Trauma Impact, For Caregivers, Cultural Awareness
Trauma Impact	What Providers Need to Know About Trafficking of Immigrant Minors	As we learn more about human trafficking, it's important that we talk about groups that are disproportionately impacted by it. Immigrant minors have many vulnerabilities that place them at significant risk for trafficking so it's imperative to learn about this topic. In this training, you'll learn about risk factors for immigrant minors, barriers to seeking services and supporting immigrant minors. Please register at: https://www.eventbrite.com/e/what-providers-need-to-know-about-trafficking-of-immigrant-minors-tickets-888039238267	4	6/5/2024	10:00 AM	2:00 PM	DISTANCE LEARNING	Lincoln Families	Cultural Awareness
Health & Safety	Youth Suicide Assessment and Fostering Protective Factors	Suicide is the second leading cause of death for youth aged 15-24. It's crucial for social service providers to learn how to assess suicide, know what to do if a youth endorses suicidal ideation, and how to foster protective factors. The training will also touch on helping youth grieve friends and family lost to suicide. Please register at: https://www.eventbrite.com/e/youth-suicide-assessment-and-fostering-protective-factors-tickets-887876020077	6	6/6/2024	9:00 AM	3:00 PM	DISTANCE LEARNING	Lincoln Families	For Caregivers, Trauma Impact
Health & Safety	An Overview of Commercial Sexual Exploitation on Youth	There is a growing awareness of youth and young adults being exploited in the commercial sex industry and many system-involved youth can find themselves caught up in it. This training will provide an overview of commercial sexual exploitation that includes prevalence, risk factors, pathways of entry, recruitment and ways to support trafficked youth. Please register at: https://www.eventbrite.com/e/an-overview-of-commercial-sexual-exploitation-of-youth-tickets-887886290797	7	6/7/2024	9:00 AM	4:00 PM	DISTANCE LEARNING	Lincoln Families	Trauma Impact

Health & Safety	Strategies to Talk with Youth and Young Adults About Dating, Boundaries and Sex after Sexual Abuse	Trauma can impact one's understanding and experience of intimacy, and given the high rates of sexual abuse amongst youth, it's important that social service and behavioral health providers are equipped with the skills and knowledge to talk about intimacy after sexual abuse. You will learn how trauma impacts one's relationship with sex and how to support transitional age youth in developing a healthier understanding and experience of sex. You will also learn dialogue with youth and young adults about dating, boundaries and sex. Without these conversations, youth and young adults are left to navigate these topics on their own or with their peers. This training will equip you to have these crucial conversations. Please register at: https://www.eventbrite.com/e/strategies-to-talk-about-dating-boundaries-and-sex-after-sexual-abuse-tickets-887892098167	7	6/10/2024	9:00 AM	4:00 PM	DISTANCE LEARNING	Lincoln Families	For Caregivers, Trauma Impact
Cultural Awareness	The Impact of Internalized Racism on System-Involved Youth	It's important for social service providers to have dialogue about internalized racism as one can experience discrimination within their own race. This training will provide an opportunity for social service providers to learn how internalized racism impacts system-involved youth and their families. Participants will also learn strategies to support youth experiencing internalized racism. Please register at: https://www.eventbrite.com/e/the-impact-of-internalized-racism-on-system-involved-youth-tickets-890732263177	5	6/10/2024	9:00 AM	2:00 PM	DISTANCE LEARNING	Lincoln Families	Family Issues, Trauma Impact
For Caregivers	Strategies to Support System-Involved Youth who are Neurodivergent	This training is designed to equip educators, counselors, social workers and law enforcement officers with the skills and knowledge necessary to effectively work with neurodivergent youth involved in the juvenile justice or child welfare systems. Training explores common challenges faced by these youth, such as communication challenges, sensory sensitivities and difficulties with social interactions. Training will offer practical approaches to address these issues. Participants learn how to create supportive environments, adapt supports to individual needs and foster positive relationships to improve outcomes for system-involved youth on the neurodivergent spectrum. Please register at: https://www.eventbrite.com/e/strategies-to-support-system-involved-youth-who-are-neurodivergent-tickets-888033842127	7	6/11/2024	9:00 AM	4:00 PM	DISTANCE LEARNING	Lincoln Families	Cultural Awareness, Trauma Impact, Health & Safety
Trauma Impact	The Impact of Poverty on System-Involved Youth and Families	Growing up in poverty can have lasting impacts on youth and their families. It's essential for providers working with foster youth to understand how their socioeconomic upbringing impacts their ability to understand poverty and the challenges to get out of poverty. We will look at current data related to poverty and how it impacts families connected to the child welfare system. Trainer will discuss strategies for more effectively engaging individuals and families in poverty and ways to empower them. It is imperative to understand challenges poverty presents and to address it as it can be a risk factor for a variety of unhealthy and dangerous situations such as illness, gang involvement, involvement in the commercial sex industry, etc. Please register at: https://www.eventbrite.com/e/the-impact-of-poverty-of-system-involved-youth-and-families-tickets-888036480017	7	6/12/2024	9:00 AM	4:00 PM	DISTANCE LEARNING	Lincoln Families	Health & Safety, Family Issues, For Caregivers

Health & Safety	Somatic Support for Systems-Involved Youth and Families, Parts 1 & 2	The majority of system-involved youth have experienced numerous traumas and experienced numerous adversities. Given the chronic exposure to trauma, stress and adversity, it's imperative social service providers, foster parents and natural supports understand how stress is stored in our bodies, not just in our minds. Often, the approach is to "talk it out" or refer the youth to talking supports. While this is helpful, it's essential to address how trauma impacts the body. Training will provide an overview of somatic strategies and ways providers can utilize them with system-involved youth and transitional age youth when they are struggling with their health. Please register at: https://www.eventbrite.com/e/somatic-support-strategies-for-foster-youth-parts-1-2-tickets-888045858067	7	6/13/2024	9:00 AM	4:00 PM	DISTANCE LEARNING	Lincoln Families	Trauma Impact, For Caregivers
Trauma Impact	Strategies to Assess Familial History of Trauma and Resilience	As we grow in our understanding of trauma and adversity we are recognizing how common it is. It's important for us to not only understand the trauma and resilience of youth we work with, but it's also important we understand it within the context of their family. This training will provide you with strategies to assess familial trauma and adversity as well as resilience. Please register at: https://www.eventbrite.com/e/strategies-to-assess-familial-history-of-trauma-and-resilience-tickets-888048756737	4	6/14/2024	9:00 AM	1:00 PM	DISTANCE LEARNING	Lincoln Families	Family Issues
Trauma Impact	Utilizing Sports to Help Traumatized Youth	Sports can have many positive benefits for system-involved youth such as learning teamwork, coping with adversity, communication skills, etc. Training will teach providers about the positive benefits of sports and physical exercise. Participants will learn strategies to use sports in a beneficial manner. Please register at: https://www.eventbrite.com/e/utilizing-sports-with-traumatized-youth-tickets-888051304357	3	6/14/2024	1:30 PM	4:30 PM	DISTANCE LEARNING	Lincoln Families	Health & Safety
Trauma Impact	Supporting System-Involved Youth with Trauma Narratives	Narratives help trauma survivors distance themselves from what has been done to them. Training will provide an overview of what narrative support is and how to apply it with system-involved youth and young adults. Participants will learn examples of narrative techniques to apply with clients' care plans. Please register at: https://www.eventbrite.com/e/supporting-system-involved-youth-with-trauma-narratives-tickets-890725533047	4	6/17/2024	1:00 PM	5:00 PM	DISTANCE LEARNING	Lincoln Families	For Caregivers, Health & Safety
Trauma Impact	Addressing the Shame and Trauma of System-Involved Youth with Self-Compassion	Shame often accompanies trauma and can delay one's ability to disclose their abuse, delay one's healing journey and create barriers to utilizing one's support system. We will talk about how shame presents in services and what we can do to combat shame. One of the strategies we will talk about is self-compassion. Please register at: https://www.eventbrite.com/e/addressing-the-shame-and-trauma-of-youth-with-self-compassion-tickets-887896060017	4	6/18/2024	9:00 AM	1:00 PM	DISTANCE LEARNING	Lincoln Families	Health & Safety
Health & Safety	Food and Your Mood: The Role of Nutrition in System-Involved Youth's Wellness	The role of nutrition in one's wellness has been getting increased attention in recent years. The foods we eat impact not only our physical health but also our emotional health. Training will provide an overview of how food impacts one's health so providers are more equipped to have conversations with system-involved youth about their nutrition. Please register at: https://www.eventbrite.com/e/food-your-mood-the-role-of-nutrition-in-youths-wellness-tickets-887898697907	4	6/18/2024	9:00 AM	1:00 PM	DISTANCE LEARNING	Lincoln Families	For Caregivers

Trauma Impact	The Impact of Trauma on Youth's Learning	This training is designed to help educators, administrators and learning academic counselors understand how trauma affects children's development and achievement performance. Training examines the various types of trauma that students may experience, such as abuse, neglect, or witnessing violence, and discusses their effects on behavior, cognition and emotional regulation. Through this training, participants will gain insights into creating trauma-sensitive learning environments, adapting instruction methods to meet learners' emotional needs, and promoting resilience and healing within learning environments. Please register at: https://www.eventbrite.com/e/the-impact-of-trauma-on-students-learning-tickets-888054684467	3	6/18/2024	1:30 PM	4:30 PM	DISTANCE LEARNING	Lincoln Families	Health & Safety
Cultural Awareness	Strategies to Support Immigrant System-Involved Youth and Families	Given how many immigrants are in the United States, it's important for social service and behavioral health providers can work with immigrant families. Training will provide an overview of immigration issues that can arise in the course of care such as cultural barriers, assimilation, acculturation, etc. Participants will learn strategies to more effectively partner with immigrant families. Please register at: https://www.eventbrite.com/e/strategies-to-support-immigrant-youth-and-families-tickets-888063721497	7	6/19/2024	9:00 AM	4:00 PM	DISTANCE LEARNING	Lincoln Families	Family Issues
Health & Safety	Strategies to Support Girls and Young Women with Body Image Issues	Many girls and young women struggle with the relationship they have their bodies. For those who have experienced sexual trauma, the relationship with one's body can be that much more complicated. Many girls and young women are dissatisfied with their bodies and have a negative relationship with it. Training will discuss strategies to help girls and young women better their relationship with their bodies. Please register at: https://www.eventbrite.com/e/strategies-to-support-girls-and-young-women-with-body-image-issues-tickets-888006620707	4	6/20/2024	9:00 AM	1:00 PM	DISTANCE LEARNING	Lincoln Families	Trauma Impact
Family Issues	The Impact of Divorce and Parental Separation on System-Involved Youth	Many system-involved youth experience parental separation whether it is because of divorce, parental incarceration, removal from home by child welfare, etc. Divorce and parental separation can be traumatic. This workshop will discuss the impact of parental separation and divorce on system-involved youth's social, emotional and learning development. Participants will also learn how to support youth experiencing parental divorce or separation. Please register at: https://www.eventbrite.com/e/the-impact-of-divorce-parental-separation-on-system-involved-youth-tickets-888067071517	4	6/20/2024	1:00 PM	4:00 PM	DISTANCE LEARNING	Lincoln Families	Trauma Impact
Trauma Impact	Fight, Flight, Freeze and Fawn with a Focus on Fawn	Given the amount of trauma system-involved youth and families have experienced, it's crucial for social service providers to understand common trauma responses and how they may manifest. Although fight, flight, and freeze are more commonly known there is more acknowledgment of the fawn response. This training will provide an overview of these common responses, how they manifest and how to support system-involved youth. One of the ways the fawn trauma response is manifested is in people pleasing. The training will provide an overview of people pleasing and strategies to support system-involved youth develop healthier interactions with others. Please register at: https://www.eventbrite.com/e/fight-flight-freeze-and-fawn-with-a-focus-on-fawn-tickets-888008987787	7	6/21/2024	9:00 AM	4:00 PM	DISTANCE LEARNING	Lincoln Families	Health & Safety

Health & Safety	Advanced Strategies for Supporting System-Involved Youth with Mood Disruptions	Many system-involved youth and young adults struggle with mood disruptions so it's crucial for providers to know how to support them. This training will build off "Strategies to support system-involved youth with mood disruptions" where providers learn the different types of mood disruptions and some engagement strategies. This training will provide you with additional strategies to support youth with mood disruption, how and when to involve parents/caregivers and how parents/caregivers can support their youth with a mood disruption. Training will also include discussions around common co-occurring disruptions youth and young adults may struggle with and systems-related challenges. Please register at: https://www.eventbrite.com/e/advanced-strategies-for-supporting-youth-with-mood-disruptions-tickets-887880694057	4	6/24/2024	9:00 AM	1:00 PM	DISTANCE LEARNING	Lincoln Families	For Caregivers
Trauma Impact	Una Descripción General del Trauma para Padres y Cuidadores	Los padres y cuidadores juegan un papel crucial en la vida de los jóvenes involucrados en el sistema de justicia juvenil y de crianza y es fundamental apoyarlos para que comprendan mejor el trauma. Este entrenamiento proporcionará una descripción general del trauma para los padres que incluirá qué es el trauma, cómo el trauma afecta a los jóvenes y estrategias para apoyar a los jóvenes que están traumatizados. Este entrenamiento también abordará la resiliencia de los jóvenes traumatizados. Please register at: https://www.eventbrite.com/e/una-descripcion-general-del-trauma-para-padres-y-cuidadores-tickets-888072257027	4	6/24/2024	12:30 PM	4:30 PM	DISTANCE LEARNING	Lincoln Families	For Caregivers
Health & Safety	Strategies to Teach Gratitude Practice to System-Involved Youth	Gratitude has been shown to have positive effects on one's well-being. This training will provide an overview on the research of gratitude, the impact it has on one's emotional, physical and spiritual well-being. The training will also cover strategies to teach youth about gratitude as well as how to practice gratitude with system-involved youth. Please register at: https://www.eventbrite.com/e/strategies-to-practice-gratitude-for-system-involved-youth-tickets-888015386927	4	6/25/2024	9:00 AM	1:00 PM	DISTANCE LEARNING	Lincoln Families	For Caregivers
Trauma Impact	Sexual Abuse of Youth with Disabilities	Sexual abuse of youth with disabilities is rarely talked about despite its prevalence. This is problematic given how many system-involved youth have disabilities. It's crucial for social service providers to learn about this topic so they can mediate on a preventative basis as well as to intercede if the youth has been abused. Please register at: https://www.eventbrite.com/e/sexual-abuse-of-youth-with-disabilities-tickets-888017543377	3	6/25/2024	1:30 PM	4:30 PM	DISTANCE LEARNING	Lincoln Families	Health & Safety
Cultural Awareness	Towards Culturally Responsive Services: Increasing Awareness on Privilege, Racism and Microaggressions	This training class focuses on enhancing cultural competence among professionals in the fields of mental health, education, social services and healthcare. The class explores the concepts of privilege, racism, and microaggressions, shedding light on their impact on marginalized groups and the broader societal context. Participants will gain tools and strategies to recognize and address these issues within their professional practice, aiming to create a more inclusive and equitable environment for clients and colleagues from diverse backgrounds. Please register at: https://www.eventbrite.com/e/towards-culturally-responsive-services-tickets-888091685137	7	6/26/2024	9:00 AM	4:00 PM	DISTANCE LEARNING	Lincoln Families	Health & Safety