

## **Infant Care and Safety**

### **Happiest Baby on the Block**

The Happiest Baby on the Block is a technique developed by Dr. Harvey Karp for soothing a crying infant. It includes five specific components which trigger what Dr. Karp calls the “calming reflex.” This training provides valuable tools and techniques for new and expectant parents.

### **Shaken Baby Syndrome**

Shaken Baby Syndrome (SBS) occurs when an infant or young child is violently shaken. This training will help participants understand the signs, effects and causes of SBS and the impact on families and society. This training is also available in a Train-The-Trainer format.

### **Dangers of Unsafe Sleep Environments and How to Create Safe Sleep for Babies**

This training will help participants gain a deeper understanding about Sudden Unexplained Infant Deaths (SUIDs), which includes accidental suffocation and Sudden Infant Death Syndrome (SIDS) and safe sleep environments for babies. Participants will learn how to identify and reduce risk factors for SUIDs, learn how to create safe sleep environments for babies, and tips about how to talk to parents and caregivers about safe sleep.

## **Childhood Trauma**

### **Trauma 101: The Impact of Childhood Trauma**

This training is an introductory training on trauma and discusses the definition of trauma, explaining both acute and complex trauma. It describes how traumatic experience impacts brain development in children and how that affects them into adulthood. The training explores the ACES (Adverse Childhood Experiences) study and how that has influenced the movement to become more trauma sensitive in working with children and families. At the conclusion of the training, there is a brief discussion on addressing secondary trauma as well as the importance of building resiliency in children and families who have experienced complex trauma.

### **Addressing Secondary Trauma: Prioritizing Our Own Well-Being**

This training explores how trauma exposure can impact helping professionals, caregivers, and service providers, and why taking care of our own well-being is essential to the work we do. Participants will learn about secondary trauma, compassion fatigue, and burnout while exploring practical ways to stay connected, set healthy boundaries, manage stress, and

build supportive relationships. The training also looks at how organizations can create a culture of well-being where staff feel valued, supported, and able to do their best work.

### **Poverty: Cycles of Risk**

Poverty can affect many areas of a family's life and is often connected to challenges such as housing instability, community violence, trauma, and substance use. This training explores how poverty impacts children, families, and communities while encouraging participants to reflect on common assumptions and beliefs about poverty. Through discussion and learning, participants will gain a deeper understanding of the systemic factors that contribute to poverty and consider how individuals, organizations, and communities can help create conditions that support family well-being and opportunity.

### **Effective Engagement: The Key to Building Resilience in Youth and Families**

Strong relationships are at the heart of effective work with youth and families. This training explores practical strategies for building trust, strengthening engagement, and creating meaningful connections that support positive outcomes. Participants will reflect on common barriers to engagement, consider new ways to respond to challenges and resistance, and learn how a resilience-focused approach can help youth and families recognize their strengths, overcome obstacles, and thrive.

### **Building a Road to Resilience**

Resilience helps children, youth, and families navigate challenges, adapt to change, and grow through difficult experiences. This training explores the strengths, relationships, and protective factors that support resilience while encouraging participants to reflect on their own experiences and sources of strength. Through a strengths-based lens, participants will learn how to foster resilience, build on existing assets, and support positive outcomes for the youth and families they serve.

### **Understanding ACES: Why the Body Doesn't Forget**

This training introduces participants to the Adverse Childhood Experiences study that was done in the late 1990's. Participants will learn how and why the study was conducted and conclusions due to the study. This training will explore a deeper understanding of brain development and what types of stress impact healthy brain development. Participants will learn how adverse childhood experiences impact lifelong physical and mental health. The conclusion of this training will focus on resilience and how building resilience can negate the negative impacts of adverse childhood experiences.

## **Substance Use and Families**

### **Substance Use and Families**

Substance use can affect children and families in many ways, influencing safety, stability, relationships, and overall well-being. This introductory training provides a foundational understanding of how substance misuse may impact children at different stages of development while highlighting the importance of supportive relationships, protective factors, and early intervention. Participants will leave with a greater awareness of the challenges families may face and how to support children with compassion and understanding.

### **Drug Endangered Children (DEC) Awareness – Identifying Drug Endangered Children: A Collaborative Approach**

Ignored, abused, and abandoned – these are some of the chronic conditions experienced by children raised in environments where there is substance misuse or illegal drug use, manufacturing, cultivation and distribution. Drug endangered children are part of a large and growing population of children whose lives have been seriously and negatively impacted by dangerous drugs. The Core DEC Awareness training looks at overcoming the challenges in aligning the agencies and systems responsible for preventing, intervening, and treating these issues to change the trajectories of the lives of drug endangered children and break multi-generational cycles of abuse and neglect.

### **Drug Endangered Children (DEC) Approach: Moving from Awareness to Action**

This training by the National Alliance for Drug Endangered Children (National DEC) focuses on how to implement the DEC Approach which is a comprehensive strategy based on a common vision, collaboration that is on-going between various disciplines and agencies, and on-going changes in practice. The DEC Approach has proven to be effective in improving the likelihood of better outcomes for drug endangered children. This training provides insights about how various practitioners—including child welfare professionals, law enforcement officers, court/judicial professionals, prosecutors, probation/parole, medical personnel, educators, and treatment providers—are in a position to identify, protect, and serve drug endangered children and their families.

## **Domestic Violence**

### **Domestic Violence 101**

Domestic violence is about more than physical violence—it is a pattern of behaviors used to gain power and control over another person. This introductory training provides a

foundational understanding of domestic violence, including common forms of abuse, the dynamics of power and control, and the barriers that can make it difficult for survivors to leave unsafe relationships. Participants will explore tools such as the Power and Control Wheel, learn about common tactics used by people who cause harm, and gain insight into the complex experiences of survivors. The training also highlights practical ways to provide support and connect individuals and families to community resources that promote safety, healing, and hope.

### **The Effects of Domestic Violence on Children**

Children can be deeply affected by living in homes where domestic violence is present, even when they do not directly witness or experience the violence themselves. Exposure to domestic violence can impact a child's sense of safety, relationships, emotional well-being, behavior, and development. This training provides an overview of domestic violence and its effects on children and families while exploring common signs of exposure, protective factors, and ways supportive adults can promote safety, healing, and resilience.

### **Child Sexual Abuse Prevention**

#### **Child Sexual Abuse Prevention 101**

Child sexual abuse can happen to any child. Children need adults who know about child sexual abuse and who are willing to do something about it. This training will provide an overview of the facts, signs and symptoms, how to respond, and how to prevent it from happening. Child sexual abuse is a global problem that not only affects the child and family, but the entire community. With your help child sexual abuse can be prevented.

#### **Stewards of Children**

Stewards of Children is a 2-hour training that teaches adults how to recognize, react responsibly, and prevent child sexual abuse. This training, developed by Darkness to Light, is for parents, professionals, and anyone who wants to make a difference in their community by protecting children. Five supplemental trainings are also available such as Talking with Children, Healthy Touch, Bystanders and more.

### **Child Abuse Prevention**

#### **Child Abuse Prevention 101**

Protecting children begins with understanding the signs of abuse and neglect and knowing how to respond when concerns arise. This training provides an overview of the different types of child abuse and neglect and the impact maltreatment can have on children and

families. Participants will learn the common signs of abuse and neglect and explore factors that may increase risk. The training also includes a mandated reporter refresher, reviewing reporting responsibilities, what to expect when making a call to the hotline, and understanding the child protection process.

### **Making the Distinction: When Families Need Support, Not Labeling as Neglect**

Reports of childhood neglect make up about 75% of all calls to the Child Abuse Hotline, yet it's often one of the most misunderstood and complex issues to define. In this training, participants will explore how to distinguish between neglect and situations where families are experiencing poverty or unmet needs that call for support and connection to resources rather than a maltreatment label. This training will look at the different types of neglect, the risk factors and impacts on children's physical, emotional, and mental health, and the importance of considering context in decision-making.

### **Building Protective Factors**

The Strengthening Families model is a research-informed approach to increasing family strengths and enhancing child development by building six key protective factors: parental resilience, social connections, knowledge of parenting and child development, concrete support in times of need, the social and emotional competence of children, and the parent-child relationship. By focusing on these areas, programs and professionals can work with families in a strength-based, supportive way that reduces the likelihood of child abuse and neglect while promoting healthy outcomes for children and caregivers.

### **Building a Culture of Support for Families**

This training equips participants with tools to recognize when families may need support and how to respond in a compassionate, effective, and responsible manner. Highlighting the L.E.A.N. On Me model, the Protective Factors framework and exploring supporting vs. reporting, attendees will learn how to better support families by fostering trust and collaboration. This training emphasizes the importance of offering concrete supports to meet immediate needs while also ensuring that appropriate action—such as making a hotline call—is taken when safety is a concern.

### **Other Learning Opportunities**

#### **Paper Tigers Documentary**

*Paper Tigers* is an intimate look into the lives of selected students at Lincoln High School, an alternative school that specializes in educating traumatized youth. Set amidst the rural

community of Walla Walla, WA, the film intimately examines the inspiring promise of Trauma Informed Communities - a movement that is showing great promise in healing youth struggling with the dark legacy of Adverse Childhood Experiences (ACES). This film is a “must see” for anyone who works with children and families. A post film discussion is facilitated by PCA Illinois.

### **Resilience Documentary: The Biology of Stress & the Science of Hope**

*Resilience* is a one-hour documentary film that delves into the science of Adverse Childhood Experiences (ACEs). The documentary reveals how toxic stress can trigger hormones that wreak havoc on the brain and bodies of children putting them at greater risk for disease, homelessness, prison time and early death. *Resilience* chronicles a movement that is fighting back to protect children from the insidious effects of toxic stress. A post film discussion is facilitated by PCA Illinois.