



Professional Development Services 2009-10

The Care Team Collaborative, a division of Muskingum Valley ESC, offers a large variety of services and supports to school districts and communities. Our primary service is assisting school communities to improve their ability to embed a system of learning supports for all children which will lead to increased school success and healthier youth outcomes. Care Team Collaborative (CTC) professional development services are available in the following areas:

1. Care Team Implementation
2. 40 Developmental Assets
3. Learning Supports (school staff, families, communities, cultural competence, wellness)

Full Care Team Framework Implementation (3-5 year commitment required)

School District and community agencies partner at macro and school based level to redesign community vision for supporting children and families. CTC facilitates community planning and implementation of Care Team framework within 1-2 targeted schools during this 3-5 year period. Support includes community engagement; data collection (including web based care team database for monitoring progress of targeted youth) and analysis; job embedded professional development in all six areas as well as coaching and ongoing support.

- Year 1 service fee starts at \$20,500. Fees vary based upon community size & needs.

Professional Development Service Fees

*Per Day: Pre Designed \$1,200; Custom Designed \$1,500 (pro-rated for time, # participants)

*No additional mileage charge within 2hr drive of Zanesville, OH

*Contracts for multiple services available

40 Developmental Assets

CTC has Search Institute trained facilitators who can tailor trainings to meet individual school and district needs. Asset training is offered 4 times per year in Zanesville for \$75 per person. CTC will also train in your local community upon request.

[Intro to Assets](#). Brief Overview of Assets

[Building Developmental Assets in School Communities](#). general introduction

[Asset Team Retreat](#). In depth training for “Asset Team” members culminating in the team creating a building plan for embedding assets school wide.

[Integrating Assets in Curriculum and Instruction](#). Advanced training for schools ready to move to a higher level of asset development.

[Change of Heart](#). Retreat for students and staff to work together and design ways to embed asset building school wide.

[Its all Fun and Games](#). Learn a variety of group games and activities YOU can use RIGHT away to intentionally build assets with youth in your programs.

[Asset Building for Transportation Staff](#). Intro to assets combined with conversations and activities that will help bus drivers more effectively connect with and build assets in youth. (May also be custom designed for other support staff.)

[Caviar Climate on a Brown Bag Budget](#). Cheap, easy and FREE strategies for using Asset framework to improve school climate for adults and youth.

Learning Supports

CTC provides a wide variety of offerings related to improving learning supports for youth and families. Many of these offerings are in partnership with outside service providers or trainers who offer discounted rates when contracting through CTC. If these offerings do not meet your needs, CTC is willing to contract with other providers on your behalf for other trainings.

School Staff/Youth Serving Workers

True Colors. True Colors helps students discover and understand their natural strengths and talents, each individual in the classroom has equal access to his or her highest potential for communication and learning. True Teaching Program increases a teacher's ability to better understand the individual learning styles, improve communication and motivate students toward academic excellence that benefit the wide diversity of students in the classroom. (facilitated by licensed True Colors trainers)

School Conflict Management. Create a school environment that fosters prevention and de-escalation of conflicts and that establishes procedures for the effective, nonviolent resolution of conflicts that occur in school settings.

Trauma Lab. Youth serving professionals learn how to effectively intervene with youth who are trauma victims. Specific strategies. Hands on learning!

Alphabet Soup. Help participants understand common childhood mental health diagnosis and explore implications teaching and learning. Workshop will answer participants own questions and help them know what questions they should ask mental health professionals.

Extreme Danger Zone. Insight and advice on how to handle dangerous behavior including suicide, fire setting, homicide, and self-injury. (Other danger areas available on request.) Learn to recognize signs of danger and discover how to offer help to students and families.

From Blue to Black. Depression often leads to desperation. This training delves into the world of youth depression and suicide. It will take a look at common depression diagnosis as well as practical steps to help depressed youth. Depending on the schedule, there is a panel of youth and adults who will speak about depression and suicide. Participants will walk away understanding the signs of suicide and knowing what to do to reach out!

Generation miXed. Helps participants understand the teen culture. Then learn new skills for teaching and touching the future generation. Come, watch the generation gap get smaller!

Should I Be Concerned?: What is "Normal" and What is "Nuts". Kids can act so strangely—is it a phase or is it a sign that they need more help? Participants will understand what is going on with kids developmentally. With this new knowledge, staff will learn how to discern what is normal and what may need attention from a mental health professional.

The Good Stuff: Building Self-Esteem In At Risk Kids. The world seems to have a way of taking its toll on the self-esteem of kids. This workshop explores how participants can develop and enhance the self-esteem of their students. Participants will walk away feeling stronger about their ability to meet the needs of their children.

"Do"-able Discipline--From A to Z. Participants are asked to bring in their own real discipline problems, and throughout the day, we explore ways of creating a discipline system that works! This workshop is driven completely by the needs/problems presented by the participants. No theory here—just practical, proven "stuff".

Help! Aliens Have Invaded. I Need To Make Contact. Teachers learn to build rapport quicker with teens, and explore ways of making conversation valuable. It will provide participants with tools for interviewing and "getting to the problem".

Choose Not To Lose. Key strategies to help students learn how to make better decisions. The skill of decision-making affects everything. Kids need to learn this critical skill, much like they need to learn math. Participants will how to facilitate change in their classrooms.

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Anger and Kids. Explore ways teachers can help kids deal with the deadly emotion of anger. From de-escalation to behavior management, participants find solutions!

Tricks Are For Kids. Do you need to make a point with a troubled student? Do you seem to need something more than just words to get through? Participants learn the importance of using active, hands-on activities with at risk and how to use experiential exercises to enhance their rapport, and to build “**Learning Bridges**” for their students.

Mission Possible: Tough Parents/Tough Parenting. When parents suffer from mental illness, the entire family is influenced. This training explores the impact on children when their parents carry a diagnosis. It offers practical steps to understand and manage the dynamics of difficult parents. It also includes ways of motivating parents to create positive change. New skills will help them engage and encourage parent participation.

Meant To Mentor. Unleash the power of mentoring for your school. Learn the “how-tos” of creating a mentoring system (use with staff to students, staff to staff or students to students.)

What Goes On Behind Closed Doors. We have many ideas and many stereotypes of what goes on behind the doors of counseling. This workshop will explore the realms of counseling, from individual to family to group counseling. Knowing more about what is expected, allows us to help students and their parents navigate through some uncharted territory.

Kids Without a Conscience. No fear. No regrets. No conscience. Kids without a conscience seem to be invading our schools. They are scary and dangerous. Yet, they are treatable. This workshop highlights some of the diagnostic symptoms of conscience-less kids, and offers practical steps to creating change. Know fear, know regrets, build a conscience.

Making Motivation. Participants discover the secrets to motivation and ways they can use motivation makers with kids. Participants can create positive change in their classrooms.

The Building Blocks of Trust. It’s about love, it’s about respect, it’s about time we talk to each other about building the bonds of trust. Learn the building blocks of trust; gain valuable insight into how people learn to trust. Trust is either the truss holding relationships together, or the rust that destroys. Learn to help build bridges between distrustful kids and the school.

Supporting Families

Parent Path. Training focuses on how teachers and schools can be more effective in their interactions with parents. New skills will help them engage and encourage parent participation. Whenever parents are brought into the school, kids do better. Develop strategies for creating a path parents can take into your school.

Hurricane. Life at 90 mph can be frustrating for a student, and for the teacher, and parent. Yet, the system seems inundated with kids who are diagnosed with ADHD. Understand the latest research and techniques for dealing with hyperactive and impulsive kids. Learn creative ideas and practical suggestions for managing frustrating behaviors.

Tug of War: Dealing with Power Struggles. Whether it is an all-out battle of the wills, or button-pushing, or manipulation, “Tug of War” will explore the battles parents and kids often engage in. We will look at ways of disengaging without creating more problems. Through this interactive workshop, participants will learn how to identify power sources, discover ways of disengaging and develop discipline authority.

Parents as Partners. Six week training based on Search Institute’s 40 Developmental Assets. Increases parenting skills and involves parents in their children’s academic success. Build practical parenting skills and engage parents in positive leadership. Offers parents the skills to build these assets in their children and practical tools to make changes in their family.



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Staff Wellness

Stressing Stress. Explore the sources of stress impacting our job performance. Participants will develop new skills to dealing with stress on the job—from state standards to paperwork. It also addresses family stressors, (marriage, kids, etc) which always affects the job.

Learn Not To Burn. Ever feel like giving up? Are your kids driving you nuts? Learn to handle “hot” and “heavy” emotions occurring when child frustrates, angers or betrays you.

For Better or For Worse: How To Get Along with The “System”. Frustration can lead to burnout. Burnout is one of the chief motivators behind dissatisfaction. Effective teachers quit because they don’t know how to handle the “system.” Participants learn ways of dealing with the “system” that will help them avoid burnout. This will be a fast-paced training filled with lots of success oriented strategies—there will be no time for negative complaining.

Seeing Red. Insight and advice on how handling our own emotions surrounding anger. A personal look at how professionals can handle anger in the workplace.

The Power of Silence. This is an experiential workshop-with long periods of silence--- not your typical training. It offers a break from the rush and push, from the noise and no's of our hectic jobs. In the silence, there is a freedom of creativity and personal power.

Molding Morale and Making Morale. Molding Morale is designed for supervisors to help them grasp their role in molding morale. The accompanying Making Morale is for a select group of line staff. Together these two trainings offer a powerful way to build morale.

Cultural Competence and Engaging Communities

Diversity University. This training explores the cultural aspects that surround us, and impact our interactions with our students. Explore how culture operates, and discover ways of working with diversity in more productive and positive ways. If we can navigate the cultural mix, we will be in a better position to help students. The focus here is not on race or ethnicity, but rather on mental health diversity. Custom design option: panel of experts who have come through the system offer insights. Additional fee to cover panel expenses.

What In The World Do You Do: Collaborating With Others. The buzzword is COLLABORATION. However, if you are unprepared, often the buzz can sound more like a chainsaw—as someone from outside the school cuts off more pieces of your time. This training is designed to help schools and community workers learn the ins and outs of linking with each other. (There will be NO group hugs!) When we collaborate well, our community operates well. Ideal for school and community agency staff ready to work together!

Working Together. This interactive workshop is designed to strengthen the dynamic team. During the training, participants will explore the 7 Cs involved in healthy teamwork: Communication, Cooperation, Conflict Resolution, Complaining, Celebration, Cultural Diversity and Confrontation. A stronger team will mean a better educational environment.

Conflict Resolution. Conflicts occur naturally, like weeds in a garden. Conflicts don’t mean that you or the other person is flawed. The hassles of getting along on the job are frustrating! In any conflict, you can be sure of this: There is a lot at stake. If handled wrong, conflicts can boil over, ruining lives. This workshop will help people, units and agencies develop conflict management skills making the workplace a better place.