

Wells Training Institute

a program of Catholic Charities East Bay



TRAINING CATALOG

Spring 2020

ABOUT

The Wells Training Institute (WTI) works to increase individual and collective capacity to live in good relationship by reducing the impact of relational and organizational harm. We share tools to address and prevent harm. Our trainers prioritize restorative and equitable practices to better support the process of naming and working towards wellness.

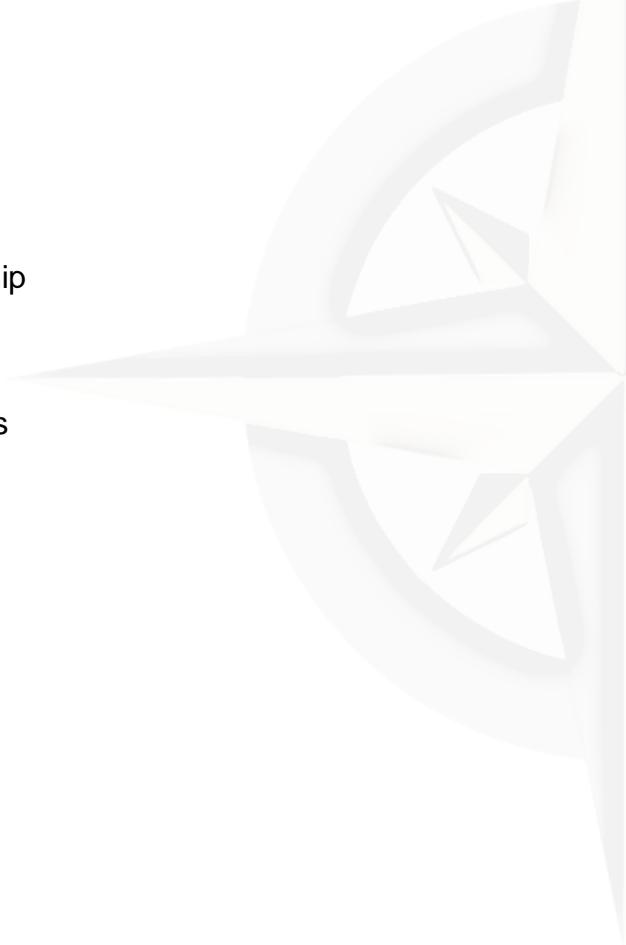


TABLE OF CONTENTS

Regularly offered trainings.....	3-4
Specialized upon request.....	5-7
Contact information.....	8

REGULARLY OFFERED TRAININGS

Mental Health First Aid

8 hours

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid Course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations and where to turn for help. Topics covered include anxiety, depression, psychosis and addictions. Offered in English and Spanish.

Youth Mental Health First Aid

8 hours for general community; 6 hours for school sites

Youth Mental Health First Aid is designed to teach caring adults how to help an adolescent (ages 12-18) who is experiencing a crisis related to mental health or addictions. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, and disorders in which psychosis may occur. Offered in English and Spanish.

20-hour CSEC Prevention and Awareness Training, Anti-Trafficking

20 hours

The Bay Area is a hub for the commercial sex trafficking of children, and it is often hidden in plain sight, this training aims to empower attendees to become active change agents by informing community members and adults serving youth about the commercial sexual exploitation of children (CSEC), the root causes, risk factors, and resources available for youth who have been impacted by trafficking.

Specialized to service providers available.

REGULARLY OFFERED TRAININGS

Restorative De-escalation

4 hours

‘Aggression’ and ‘violence’ are words often used interchangeably to describe a range of behaviors – from angry shouting to assault. However, there are fundamental differences at the root of each of these behaviors. This experiential training shares tools to restoratively de-escalate non-violent aggressive behavior by responding with purpose and connection. Part one of the training focuses on theoretical frameworks, while part two presents opportunities to practice our four-step de-escalation process.

Specialized for school-based interactions available.

SPECIALIZED UPON REQUEST

Introduction to Mental Health First Aid, a community conversation

90 minutes

This session introduces some of the topics covered in Mental Health First Aid, an 8-hour national curriculum that is designed to empower individuals to recognize and respond to signs of mental illness and other mental health challenges. Participants are invited to reflect and build on conversations about individuals and collective attitudes towards mental health and wellness.

Bias

90-120 minutes

We intake and analyze the world through categories – fast! This leads to conscious and subconscious discrimination. The way we navigate with our thoughts, emotions, and behavior is largely unchanged to how we did the same 30,000 years ago. This session explores mechanisms influencing and influenced by bias with a belief that through this awareness, we are better able to live and adapt in a fast-paced society with integrity and respect.

CSEC Awareness & Prevention, a community conversation (adult)

90-120 minutes

An introduction and overview of commercial sexual exploitation of children (CSEC), the local and national prevalence and available resources geared towards community members.

Specialized to service providers available.

SPECIALIZED UPON REQUEST

Word on the Street, CSEC Prevention Training (youth)

Available in modules of 10 weeks at schools, one day, or 90 minutes

The purpose of this prevention curriculum is to educate, equip, and empower youth, and provide them with tools and opportunities for discussion to prevent them from unknowingly becoming victims of commercial sexual exploitation.

Introduction to Circle Keeping

7 hours

Circle practice is a tool that has been used throughout human history to heal and strengthen relationships, engage in civil governance and share in collective wisdom. Learn the basics of circle keeper from an experienced practitioner.

If you have never experienced circle this is a great place to start. If you are familiar with circles and would like to increase your knowledge or skill this will be time well spend.

Restorative Classroom Management

4 hours

Acquire some of the tools needed to create a more restorative classroom environment. This session is designed to help classroom teachers and the lessons learned in this workshop are useful for administrations, counselors, school support staff and caregivers.

SPECIALIZED UPON REQUEST

Building Restorative Systems

7 hours

Establish system wide norms, promote pro-social behaviors and create restorative actions plans to repair and heal harms. This workshop is highly useful for building upon your school or organization's wellness efforts or taking a deeper look at your policies and practices from a trauma informed viewpoint.

Restorative Re-entry

4 hours

Support the reintegration of students who have been out of school due to illness, death of a loved one, suspension or other issues. Participants will gain skills to offer greater support for students while implementing practices to improve school climate.

WANT SOMETHING CREATED JUST FOR YOUR TEAM?

Reach out to one of our facilitators with your ideas. They will work with you in designing a session tailored to your needs and expectations.

For general inquiries, email training@cceb.org

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510-820-3996

Community Approaches for Leveraging Mental Wellness (CALM Wellness)

CALM Wellness seeks to raise awareness and reduce stigma surrounding mental health-related topics and mental illness. Our team is dedicated to incorporating restorative philosophy and culturally responsive approaches in these efforts.

Joy Thompson
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510-773-6159

Day Star CSEC Awareness and Prevention

Day Star Mentoring & CSEC Education aims to spread awareness about the commercial sexual exploitation of children (CSEC), and help to decrease the demand for CSEC. Day star provides awareness training for adults serving youth impacted by commercial sexual exploitation (CSE) and prevention training for youth and young adults ages 12-24.

Aswad Aarif
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510-692-5536

Restorative Practices

We offer trainings, workshops and technical assistance designed to build individual skillsets and the organizational capacity for community-building, team-building, and relationship management.

For schools, we offer tools to support positive school climate, transformative discipline policies, and social emotional learning.