The Center of Excellence for Infant and Early Childhood Mental Health
in collaboration with
Frederick County Maryland's Safe Babies Court Team Program

Free Professional Development Guide

School mental health related trainings for children from infancy to young adults:
https://www.childrensmentalhealthmatters.org/files/2019/11/Free-Professional-Development-Guide.pdf

Highlights on Infant and Early Childhood Online Training:
University of Maryland School of Medicine https://mdbehavioralhealth.com/training
"Supporting Social Emotional Wellness in Early Childhood"

- This free course is provided on behalf of the Maryland Behavioral Health Administration by the Center of Excellence for Infant and Early Childhood Mental Health. Expert faculty, providers, community partners, and family members provide a range of information and resources for promoting social emotional development in young children ages 0-5 and their families.
- Audience: Early Childhood Educators, Child Care Providers, Mental Health Providers, Community Based Providers, Administrators
- Five online modules. Modules range from approximately one to two hours each.
- Must view all sections and score at least an 80% on the Final Test to receive CE credits

Georgetown University Center for Early Childhood Mental Health
The Center for Early Childhood Mental Health https://www.ecmhc.org/

- Gathers a wide range of materials that provide effective ways to promote young children's' social and emotional development and reduce challenging behaviors. The Center translates research in health and mental development into materials tailored to the needs of each of the target audiences and makes them available on their website.
- Audience: Child Care Staff, Families
- Ten online tutorials. Tutorials offer self-paced reading material, but it is recommended that participants allot 90 minutes to complete each tutorial. No CE or CPD credits are available.

University of Maryland School of Social Work, Institute for Innovation and Implementation "Trauma Informed SEFEL" https://theinstitutecf.umaryland.edu/ www.mdpyramidmodelsefel.org

- Maryland Social Emotional Foundations for Early Learning (SEFEL) promotes health, social, and emotional development. When children have appropriate prosocial skills, they perform better in school and in life. Skills include building empathy, listening, and following directions. There are Infant and Toddler Modules and Preschool Modules.
- Audience: Early Childhood Educators, Early Childhood Mental Health Providers
- 6 online modules. Modules are designed to take 6.5 hours total to complete. CE credits available upon obtaining a 75% of better on the post assessment

National Center for Pyramid Model Innovations (NCPMI) http://challengingbehavior.cbcs.usf.edu/index.html

- The NCPMI aims to improve and support the capacity of state systems and local programs to implement an early childhood multi-tiered system of support to improve the social, emotional, and behavioral outcomes of young children with, and at risk for, developmental disabilities or delays.
- Audience: Early Childhood Educators, Mental Health and Substance Use Providers, Community Providers
- Twenty-four pre-recorded webinars. Webinars are approximately 50 minutes in length. No CE or CPD credits are available.

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National Child Traumatic Stress Network Learning Center "Young Children in Foster Care"
https://learn.nctsn.org/course/index.php?categoryid=23

- This series is a collaboration between the Early Trauma Treatment Network (ETTN) and the NCTSN Zero to Six Collaborative Group. It is aimed at addressing the complex issues and critical needs surrounding young traumatized children in the child welfare system and those who care for them. Infants' and toddlers' unique needs within the child welfare system often do not receive adequate attention. Within a trauma-informed framework, this webinar series will review a variety of issues relevant to very young children, their caregivers, and the individuals and systems charged with supporting their recovery from abuse and neglect.
- Audience: Early Childhood Mental Health Providers, Administrators, Child Welfare personnel
- 9 online modules. Modules are designed to take around 1 hour each to complete. CE Credit is available.

National Child Traumatic Stress Network Learning Center "Attachment Vitamins: Interactive Course on Early Childhood Attachment, Stress, and Trauma" https://learn.nctsn.org/course/view.php?id=483

- Co-created by Dr. Alicia Lieberman, author of The Emotional Life of the Toddler, and world-renown expert in the areas of parent-child attachment, child development, and trauma, Attachment Vitamins provides a clear and elegant overview of early social-emotional development with insights and suggestions to support healthy and mutually-satisfying child-caregiver relationships. Participants will learn about early childhood social-emotional development; the impact of stress and trauma; reflect on the possible meanings of children's behaviors; explore the influence of culture on families' socialization goals; and become familiar with a number of strategies aimed to promote secure attachment and safe socialization practices.
- Audience: Adults who often find themselves in the company of children aged zero to five and their families, including early childhood educators and childcare providers, public health workers, nurses and other medical providers, case managers and caregivers of young children themselves.
- 9 Interactive modules in the self-paced e-learning course.

National Child Traumatic Stress Network Learning Center "The Child Trauma Toolkit for Educators"
https://learn.nctsn.org/course/view.php?id=33

- Developed to provide school administrators, teachers, staff, and concerned parents with basic information about working with traumatized children in the school system.
- Audience: All School Based Staff, Families
- Nine online lessons. Lessons are approximately 25 minutes in length. CE credits awarded upon scoring at least an 80% on the Post Test.

Office of the Administration for Children and Families Early Childhood Learning and Knowledge Center (ECLKC)
https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching

- The ECLKC- Head Start offers an array of resources to promote teacher development, effective practice, and the successful transition to kindergarten.
- Audience: Early Childhood Educators
- Fifty-one Inservice modules including Power Point presentations and presenter notes. Each module will take approximately 15 minutes to complete. No CE or CPD credits are available.

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Zero to Three "Relationships: The Heart of Development and Learning 0-3"
https://www.zerotothree.org/resources/73-relationships-the-heartof-development-and-learning#downloads

- This module provides childcare providers with an understanding of how relationships contribute to, and support the development and learning of, infants and toddlers.
- Audience: Child Care Providers
- Varied formats some online modules, some reading material. No CE or CPD credits are available.

Trainings:

National Child Traumatic Stress Network Courses/Toolkits/Clinical Training (accessed by the Learning Center)

- Child Welfare Trauma Training Toolkit: The Child Welfare Trauma Training Toolkit course assists those in the field of child welfare who wish to learn more about child welfare and trauma. The backbone of the course is the newly released second edition of the Child Welfare Trauma Training Toolkit which teaches basic knowledge, skills, and values about working with children who have experienced traumatic stress and who are in the child welfare system. The toolkit guides practitioners and others in supporting children's safety, permanency, and well-being through case analysis and corresponding interventions tailored to them and to their biological and resource families.

- Working with Parents Involved in the Child Welfare System: Unresolved trauma can negatively affect parents' coping, parenting, and the ability to interact effectively with the child welfare system. This online course was developed for individuals who work with birth parents involved in the child welfare system and offers tips for viewing parents through a trauma lens, practical strategies to provide effective support to parents, and reminders about the importance of professionals' own self-care.

- The Impact of Interpersonal Trauma in Early Childhood and Ways We Can All Help: Dr. Vilma Reyes discusses the impact of trauma and young children including its impact of brain development; its impact on social, emotional, and cognitive development; and its impact on parent-child relationship and parenting dynamics. Dr. Reyes also describes trauma-informed interventions, common factors in most trauma treatments, and ways that providers can promote empowerment, hope, and safety.

- Adolescent Trauma and Substance Abuse Online: Provides training and materials for mental health clinicians and substance abuse treatment providers on the complex intersections between psychological trauma and co-occurring substance abuse and dependency. The course includes interactive online modules on understanding the links between traumatic stress and substance use among adolescents, a webinar and lecture presentation featuring expert faculty from the NCTSN, and a four-part Train-the-Trainer video series entitled "Trauma and Co-Occurring Disorders: Understanding and Working with Youth and Their Caregivers."

- Homeless Youth Online Training: The Hollywood Homeless Youth Partnership, a consortium of agencies affiliated with the NCTSN, has developed a series of online lessons designed for direct care staff working with homeless youth, including staff working in drop-in centers, emergency shelters, transitional living programs, and independent living programs. This 11-lesson course covers a range of topics including adolescent development, adolescent risk behaviors, LGBTQ youth, HIV testing, legal and ethical issues, resiliency, and trauma among homeless and runaway youth. The Hollywood Homeless Youth Partnership (HHYP) agencies have been actively collaborating since 1982, and HHYP was formally established in 1999. Its member agencies are among the pre-eminent experts on the issues of youth homelessness in Los Angeles, the current homeless capital of America. As service providers, HHYP works to achieve best practices in service delivery with the goal of strengthening interventions to help homeless youth exit the streets, overcoming the traumatic experiences at the core of their homelessness.

- Trauma and Intellectual and Developmental Disabilities Toolkit: The Road to Recovery: Supporting Children with Intellectual and Developmental Disabilities Who Have Experienced Trauma Toolkit was developed by the National Center for Child Traumatic Stress (NCCTS) and the NCTSN Trauma & IDD Expert Panel, a national selection of individuals with expertise in trauma and IDD.

- Alternatives for Families A Cognitive Behavioral Therapy (AF-CBT): Alternatives for Families: A Cognitive Behavioral Therapy (AF-CBT) is an evidence-based treatment designed to improve the relationships between children and caregivers in families involved in arguments, frequent conflict, physical force/discipline, or child physical abuse. This 4-part course provides an orientation to AF-CBT that is intended to introduce the model for clinicians who wish to learn more about it. It also serves as a pre-requisite for more intensive in-person training in AF-CBT. For those who are interested in continuing education and/or advancing to further training in AF-CBT, each of the 4 parts of the course can be taken for continuing education credit.

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- **Improving Implementation Evidenced-Based Treatments and Practices:** This section of the NCTSN Learning Center provides access to speakers, information, tools, and resources focused on key implementation science principles and lessons learned from implementation efforts. The aim of these courses are to promote the successful training, adoption, implementation, and sustainability of evidence-based treatment and practices. All of the content in this course was developed with implementation of practices within the context of NCTSN sites in mind – the population, settings, challenges, and needs commonly seen by providers serving children and families impacted by trauma. Speakers and products generated as a part of the 2015 NCTSN Implementation Summit highlight key research and usable tools. The Implementing and Sustaining Evidence-Based Practices course covers a broad array of implementation topics, research, and resources. The TOOLCIT Curriculum is a module-based course that outlines key components of implementation collaboratives while giving practical examples and modifiable resources that will assist instructors or participants in collaborative learning environments.

- **Identifying Critical Moments and Healing Complex Trauma:** Provides clinicians, counselors, and other helpers with insights on recognizing and dealing with the most difficult crises and turning points that occur in therapy with traumatized children and families. Each webinar features a scene where the youth and caregiver are actors playing fictional characters, but the therapists are real. Viewers will see how therapists handle critical turning points during the therapy session to help families safely heal from the severe emotional and interpersonal problems that occur in the aftermath of complex trauma: Developmental Trauma Disorder.

- **The 12 Core Concepts An Online Interactive Course:** This course contains interactive online lessons that lead you through the 12 Core Concepts for Understanding Traumatic Stress Responses in Children and Families. The Core Concepts are conceptual lenses used to better understand childhood trauma, its causes, effects, and strength-based systems approaches to case conceptualization and intervention planning. These lessons can assist NCTSN sites and members to understand foundational principles of childhood trauma.

- **Skills for Psychological Recovery Online Available Now on the NCTSN Learning Center:** This 5-hour interactive online course designed for providers to help survivors gain skills to manage distress and cope with post-disaster stress and adversity. This course is for individuals who want to learn about using SPR, learning the goals and rationale of each core skill, delivering SPR, and supporting survivors in the aftermath of a disaster or traumatic event.

- **National Child Traumatic Stress Network also has Continuing Education on the following topics:**
  - Child Physical Abuse
  - Child Sexual Abuse
  - Childhood Traumatic Grief
  - Community Violence and Trauma: Supporting Youth and Building Resilience
  - Complex Trauma
  - Creating Trauma-Informed Systems
  - Crossover Youth and Trauma-Informed Practice
  - Culture and Trauma
  - Diagnostic Statistical Manual-5
  - Family Systems
  - Implementing and Sustaining Evidence-Based Practice
  - Integrated Care Approaches to Traumatic Stress in Children with Chronic Health Conditions
  - Master Clinicians
  - Partnering with Youth and Families in Trauma Settings
  - Policy
  - Polyvictimization and Complex Trauma
  - Preparing Your Organization to Respond to Disasters and Terrorism
  - Schools and Trauma
  - Screening and Assessment for Trauma in Child Welfare Settings
  - Screening and Assessment in the Juvenile Justice System
  - Secondary Traumatic Stress
  - Terrorism, Disaster and Children
  - Terrorism, Disaster and Children: Hurricane Katrina 10 Year Anniversary
  - The Role of Trauma Among Families Struggling with Substance Abuse
  - Transforming Trauma in LGBTQ Youth
  - Trauma-Informed Care: Understanding and Addressing the Needs of Unaccompanied Children
  - Trauma-Informed Integrated Healthcare
  - Understanding the Complex Needs of Commercially Sexually Exploited Children
  - Young Children and Trauma: Service System Collaborations
  - Introduction to the NCTSN

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- Center for Trauma Training – ARC (Attachment, Regulation, Competency): Each video will provide a brief overview of a core ARC concept. These videos are not a replacement for full ARC training, and we are unable to provide continuing education credits for them, but if you've been looking to refresh your knowledge or get a new staff member familiar with ARC concepts, this may be a nice way to do it! https://arcframework.org/
  - Annie E Casey Foundation – ARC Reflections Training Program https://www.aecf.org/work/child-welfare/child-welfare-strategy-group/arc-reflections-training-program/

- Psychological First Aid – The NCTSN also has resources for responders on Psychological First Aid (PFA). PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events. The PFA online training course is available on our NCTSN Learning Center. Also download PFA Mobile on your IOS or Android mobile devices.

- Skills for Psychological Recovery (SPR) Online – 5 hour interactive course designed for providers to help survivors gain skills to manage distress and cope with post-disaster stress and adversity. This course is for individuals who want to learn about using SPR, learning the goals and rationale of each core skill, delivering SPR, and supporting survivors in the aftermath of a disaster or traumatic event.

Other websites that contain various videos and training material:
- Quality Parenting Initiative Florida http://www.qpiflorida.org/index.html
- Quality Parenting Initiative San Francisco (there are many network members in various states) http://www.qpi4kids.org/index.html
- Sesame Street https://sesamestreetincommunities.org/professional-development/
- Annie E Casey Foundation- Trauma Systems Therapy for Foster Care https://www.aecf.org/work/child-welfare/child-welfare-strategy-group/trauma-systems-therapy-for-foster-care-tst-fc/
- Center on the Developing Child Harvard https://developingchild.harvard.edu/
- HOPE https://positiveexperience.org/hope-videos/
- Nebraska Babies https://www.nebraskababies.com/
- CDC Essentials for Childhood https://www.cdc.gov/parents/essentials/index.html
- Florida's Center for Child Welfare Information and Training Resources for Child Welfare Professionals http://www.centerforchildwelfare.org/#
- CPP You Tube Channel https://www.youtube.com/channel/UChGLD7swRCYEVRt1WqkV8iw/videos
- Michigan Association for Infant Mental Health https://mi-aimh.org/endorsement/online-training-opportunities/
- Alberta Wellness Organization https://www.albertafamilywellness.org/who-we-are
- Child Welfare League of America https://www.cwla.org/
- Child Welfare Information Gateway https://www.childwelfare.gov/learningcenter/
- Child Welfare Capacity Building Collaborative https://capacity.childwelfare.gov/
- Family Resource Information, Education, and Network Development Service https://friendsnrc.org/
- National Center on Substance Abuse and Child Welfare https://ncsacw.samhsa.gov/default.aspx
- CAN Narratives http://www.canarratives.org/
- KidSmartz https://www.kidsmartz.org/
- COVID-19 Resources for Clinical Psychologists https://www.div12.org/telepsychology-resources/

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Safe Online Learning:

- Darkness to Light https://www.d2l.org/safe-digital-learning-plans/?utm_medium=email&utm_source=lo&utm_campaign=pcdc
- Taking Protective Steps During the Coronavirus Pandemic by Darkness to Light https://www.d2l.org/protective-steps/
- Darkness to Light's free 30 minute "Talking with Children" online training using code Talk2020 https://d2l.csod.com/selfreg/register.aspx?c=talk2020&_ga=2.154502076.586097539.1585609233-1828239916.1585609233
- Darkness to Light's Protecting Children During A Crisis training https://www.d2l.org/education/additional-training/protecting-children-during-crisis/?utm_medium=email&utm_source=lo&utm_campaign=pcdc
- The Monique Burr Foundation for Children Prevention Education Programs https://www.mbfpreventioneducation.org/learn-more/online-training/
  - Recognizing and Reporting Child Abuse and Neglect
  - Real World Safety: Protecting Youth Online and Off
  - Protecting Children from Child Sexual Abuse
  - Preventing, Recognizing, and Responding to Human Trafficking
- NetSmartz https://www.missingkids.org/netsmartz/home
  - NetSmartz is the National Center for Missing and Exploited Children's online safety education program. It provides age-appropriate videos and activities to help teach children be safer online with the goal of helping children to become more aware of potential online risks and empowering them to help prevent victimization by making safer choices on- and offline.