

Strong Kids – Strong Future Class Descriptions

Ped child/infant/adult CPR/AED and First Aid (6 hours)

****Limited to the first 12 registrants with a fee of \$60 due the day of the training.**

Instructor:

Cena Danielson, LPN,ACE-PT is the CHI Health Wellness Center Coordinator. She also devotes her time to multiple community projects with health focuses. Cena is a certified instructor for the American Heart Association to help spread awareness and the importance of learning CPR. She has been instructing AHA CPR/AED classes for the last 5 years to businesses and communities.

Dangerous Playgrounds 2.0 – Drug Awareness and Trends (6 hours)

****Persons with a history of drug or substance abuse, currently in recovery, or who are triggered by strong images should NOT attend this training.****

Do you know the meaning of terms like “Molly, Budda, Robo-Trippin’, Trail Mixing, Space Monkey, HAC Beer, or 710”? Do you understand the world of “designer” or synthetic drugs that have a presence in certain corners of our world? Would you be able to tell if someone is drunk or high, or experimenting with drugs? Are you in the know about the Opioid trends in Iowa? If you answered “no” to any of these questions, then this class is a must for you! Participants will learn the different classifications of abused substances (both legal and illicit) and will leave this training with a working knowledge of the terminology, visual identity, the “how they are used”, the “how they are made”, and the effects of substances on the community. The class emphasizes “latest trends” but also provides updates on those “more familiar” substances that are still alive and well in our communities as they have been for many years.

Instructor:

Mike McGuire has been employed with the 2nd Judicial District Department of Correctional Services as a Probation/ Parole Officer since 1989. Mike was the coordinator of the Cerro Gordo County Community Drug Court program from 2000 until 2010 and currently serves as the Area Office Supervisor for the Mason City probation and parole office. Mike and his wife Christie have 8 children and have been foster and adoptive parents for over 20 years. Mike is a graduate of the University of Northern Iowa and has written and provided numerous trainings at the local, state, and national level.

Human Trafficking in Iowa: It's Here and Thriving (3 hours)

This training is geared to both youth and foster parents/caregivers and will consist of a candid discussion on how Human Trafficking operatives work, impact on victims, and how people serving youth can identify and respond. Iowa examples and stories will be shared to clarify situations. This presentation also contains statistics of trafficking trends, and video testimonials of actual victims of Human Trafficking. National statistics show that 68% of youth coming out of “the life” experienced the child welfare system at some point in their lives so we need to protect the youth we foster, adopt or accept guardianship of.

Instructor:

Ruth I. E. Buckels, LMSW is the AMP and the Teens Against Human Trafficking (TAHT) Statewide Coordinator for Youth & Shelter Services in Ames, IA. AMP is an advocacy program focusing on youth voices initiating system change in the child welfare system. TAHT is a school focused program seeking to set up teams of youth in each school who will create safety in that school through education. AMP youth educated Ruth on Human Trafficking in Iowa by sharing their trafficking experiencing. With permission, Ruth shares Iowa trafficking stories; creating awareness and increasing safety. Ruth was a licensed foster parent since 1988 and an adoptive parent since 2008. Over 90 teens have resided with Ruth & her family. Fifteen youth have become permanent family members; making 19 total children and counting. Ruth has parented multiple survivors of human trafficking and advocates for all Iowa's youth to learn about this crime and how it is thriving in Iowa.

The Magic of Healing the Brain (3 hours)

When a child has been removed from their home or has experienced a trauma we are told about the negative effects on the brain. It is often thought of as impossible to break through and work towards healing and acquiring a secure attached relationship. Together we will explore activities that will work towards healing the traumatized brain and towards creating a healthy secure attachment. These activities will be taught and practiced. We will discuss how to modify these activities from infants through teenagers as it is never too late to intervene and try to change your relationship.

Instructor:

Dr. Joann Seeman Smith is a Licensed Mental Health Counselor who specializes in diagnosis, and treatment of children and adolescents. She received her Ph.D. in Counseling Psychology from Iowa State University in 2008. She works with many diagnoses and issues including, attention-deficit disorder, learning disabilities, autism-spectrum disorders, behavior problems, depression and bipolar disorder, anxiety, and adjustment difficulties due to abuse, foster care, transition to adoption, bereavement, and divorce. In addition to standard short-term and traditional talk therapies, Dr. Seeman Smith has expertise in using play therapy approaches with children, teens, and families, including children and families with attachment-based difficulties. Dr. Seeman Smith has been providing training for foster and adoptive parents since 2008. She currently has her own practice with offices in Ames and Granger. She also provides consultation and training for schools to better understand children with trauma.

Nurturing Healthy Sexual Development (3 hours)

This is a GREAT training for parents, foster parents, and other adults who work with children, OR just any adult interested in learning more about children's sexual development. During this training we discuss why it's important to nurture sexual development within children. We cover topics such as normal behavior kids may exhibit, as well as normal curiosity, exploration, and questions children may ask. We provide tips on how to respond to these questions and behaviors and how to have open communication with children about their sexual development. In addition to that, we do cover concerning sexual behaviors as well. We provide guidance in how adults/parents can begin having conversations with kiddos and answering their questions at a young age. Those questions can be tough, but we will also cover appropriate and positive ways to go about answering those tough questions. The training is all about creating a safe, supportive space for our children or the children we work with to ask questions. These methods help foster GOOD relationships with kids so that they feel comfortable coming to us to learn about their bodies, feelings, emotions, etc. instead of learning in an unsafe way or from unsafe people.

Instructor:

Megan Parsons is a certified domestic abuse specialist with Crisis Intervention & Advocacy. Megan is certified through the Iowa Coalition Against Domestic Violence. Megan was a registered daycare provider for ten years where she maintained a level four QRS rating. Megan attended the "Nurturing healthy sexual development" as well as the "Overcoming Barriers for Protecting Children from sexual abuse" training where she became a certified trainer through the Prevent Child Abuse Vermont. Megan has successfully implanted these trainings in rural Iowa.

Sleep: How to Know When Something is Wrong and What to Do (3 hours)

Sleep is vital to our health and ability to lead successful lives; however, sleep is often misunderstood. When we don't sleep well it affects all other aspects of our world. I will discuss what healthy and developmentally normal sleep looks like and what are some red flags to signal there might be an issue. Together we will explore the three major categories of childhood sleep disorders, dyssomnias, parasomnias, and psychiatric/medical. Included in our discussions will be nightmares, night terrors, nocturnal enuresis, sleep-onset association disorder, separation anxiety and more. To end our day, I will discuss good sleep hygiene techniques and ways to make sure that everyone in the house is getting enough rest!

Instructor:

Dr. Joann Seeman Smith is a Licensed Mental Health Counselor who specializes in diagnosis, and treatment of children and adolescents. She received her Ph.D. in Counseling Psychology from Iowa State University in 2008. She works with many diagnoses and issues including, attention-deficit disorder, learning disabilities, autism-spectrum disorders, behavior problems, depression and bipolar disorder, anxiety, and adjustment difficulties due to abuse, foster care, transition to adoption, bereavement, and divorce. In addition to standard short-term and traditional talk therapies, Dr. Seeman Smith has expertise in using play therapy approaches with children, teens, and families, including children and families with attachment-based difficulties. Dr. Seeman Smith has been providing training for foster and adoptive parents since 2008. She currently has her own practice with offices in Ames and Granger. She also provides consultation and training for schools to better understand children with trauma.

Stigma of Substance Abuse and Psychostimulants (3 hours)

The Stigma of Substance Abuse training will give parents, teachers, and caregivers the opportunity to educate themselves about the impact of stigma on populations that use substances. It will provide insight into what stigma is, how it forms, and how it ultimately affects the community. The training will also address what we can do as a community to help fight stigma to help better the outcomes of those who use substances. There will be lively discussion throughout and a question-and-answer period, along with materials for attendees to take home.

The Psychostimulants training will give parents, teachers, and caregivers the opportunity to educate themselves about Psychostimulants and their impact in Iowa. This training will give participants an education on what psychostimulants are, how they affect the brain and body, what common medical uses they have, and an understanding of the potential for their misuse. There will be lively discussion throughout and a question-and-answer period, along with materials for attendees to take home.

Instructor:

Jessica Petter is a Prevention Specialist for Zion Integrated Behavioral Health Services with two and a half years in the behavioral health field and five years in healthcare. Jessica graduated with her Bachelor's in Interdisciplinary Studies with a focus on Psychology and Sociology from Eastern Washington University. Her passion for learning about human behavior makes her an engaging prevention specialist with unique insight.