

**LAKE-GEAUGA TRAINING COMMITTEE**  
**PRESENTS**  
**AN EDUCATIONAL ENSEMBLE**

**TUESDAY, APRIL 21, 2020: 8:30 AM – 11:45 AM**

**THE COST OF HELPING: UNDERSTANDING VICARIOUS TRAUMA AND COMPASSION FATIGUE**

*Brenda Buchanan, M.S., LPCC-S  
Lake County Juvenile Court*

Are you engaged in a relationship role, job, or career that regularly exposes you to the pain, suffering, or crises of others? Have you heard the terms “vicarious trauma”, “secondary traumatic stress”, or “compassion fatigue” but aren’t quite sure how or if it applies to you? Working with survivors of trauma can cause professionals to experience these without even realizing it, leading to burnout and other issues. We will explore these concepts and how they develop, as well as how we can take better care of ourselves while we continue to help others.

**CROSS ADDICTION: FACTS YOU MAY OR MAY NOT KNOW**

*Leila Vidmar, MBA, LPCC-S, LICDC  
Cleveland Clinic*

More than half of persons who have a serious mental illness also have a substance use or abuse disorder. After participating in the workshop, participants will be able to better understand dual diagnosis and cross addiction. Discussion will include how to avoid cross addiction and tools to help someone identify cross addiction. Participants will discuss recovery scenarios as groups.

**TUESDAY, APRIL 21, 2020: 12:45 PM - 4:00 PM**

**LEADERSHIP: COMMUNICATION AND USE OF THE DiSC TO ENHANCE TEAM DEVELOPMENT**

*Natalie Smith, LISW-S  
Ravenwood Health*

Does your team know your DiSC Style? How can your team identify with the nature of your leadership personality, encouraging workplace cooperation? Are the various leadership styles of you team members working well together? I will be sharing lessons I’ve learned as a Program Director to help you understand and manage professional relationships, which will evaluate your knowledge of self and interactions with others. The session will be interactive. Each participant will be given a copy of a mini-DiSC to be able to implement upon return to your teams. Communication skills and techniques will be emphasized.

**PROBLEM GAMBLING: WHERE WE'VE BEEN AND WHERE WE'RE GOING**

*Claire Spada, M.Ed., OCPS  
Lake Geauga Recovery Centers*

The landscape of gambling in the state of Ohio has been rapidly changing due to new legislation and advances in technology. With expansion and more availability come higher rates of problem gambling and disordered gambling that can have a severe impact on a person's relationships, employment, mental health, and financial status. This presentation takes a look at the current state of gambling in Ohio and will also discuss the future of gambling in our state as it relates to sports gambling, the connection between video gaming and gambling as well as gambling among youth.

**WEDNESDAY, APRIL 22, 2020: 8:30 AM – 11:45 AM**

**SITUATIONAL LEADERSHIP AND SUPERVISION**

*Paula Atwood, MBA, LISW-S, LICDC-CS  
Cuyahoga County Community College*

Leadership is an essential element of clinical supervision. Learn which leadership styles are a good match for the developmental levels of your supervisees or team for the accomplishment of tasks and provision of quality supervision.

**ENHANCING OUR UNDERSTANDING ABOUT HOW ISSUES RELATED TO BEING LGBTQ+ IMPACTS THE LIVES OF INDIVIDUALS AND FAMILIES**

*Beth Shapiro, PhD, LISW-S  
Beth Shapiro, PhD, LLC*

While there is more openness and acceptance of LGBTQ+ people than in the past, there is still a significant amount of distress that can occur that is unique to the experience of LGBTQ+ lives. Clinicians need to continually grow in their cultural awareness of experiences that may have impacted our LGBTQ+ clients and families so they can provide LGBTQ+-informed care.

**WEDNESDAY, APRIL 22, 2020: 12:45 PM - 4:00 PM**

**UNDERSTANDING CRISIS - HOW TO RECOGNIZE, RESPOND AND PROVIDE SUPPORT TO THOSE EXPERIENCING A BEHAVIORAL HEALTH CRISIS**

*Erin Turner, MSW, LISW-S  
Crossroads Health*

Crisis offers an opportunity for growth and change. The true reality of an individual's behavioral health crisis is as broad and unique as our own lived experiences and therefore different for everyone involved which necessitates interventions that are trauma informed and individualized for the person. Understanding crisis, how to respond and effective ways to support someone in crisis is helpful in order to aid in the healing process, increasing the likelihood for growth and positive change. This training will guide participants through understanding crisis and how to respond and offer support to those in need. Included in the training is a description, purpose and use of the Application for Emergency Admission (Pink Slip).

**ETHICS AND TRAUMA-INFORMED PRACTICE IN THE CARE OF INDIVIDUALS AND FAMILY SYSTEMS IMPACTED BY COMPLEX PTSD/DEVELOPMENTAL TRAUMA/BORDERLINE PERSONALITY DISORDER**

*Beth Shapiro, PhD, LISW-S  
Beth Shapiro, PhD, LLC*

It is more common than not that clients will have experienced some type of trauma in their life time. The biopsychosocial tentacles of past trauma impact current functioning and the clinical work that can be done with clients/families. It is important that clinicians have a good understanding of trauma and human development so we can provide effective interventions that address attachment and trauma issues present. Strong ethical practice is needed to create nurturing, compassionate boundaries and treatment that benefits clients and clinicians.

**THURSDAY, APRIL 23, 2020: 8:30 AM – 11:45 AM**

**UNDERSTANDING THE UN-UNDERSTANDABLE: TEN THINGS YOU SHOULD LEARN ABOUT SUICIDE  
(AND THREE YOU SHOULD FORGET)**

*Matthew Butler, LISW-S, LICDC  
Community Counseling Center*

Suicide is a topic that isn't discussed enough. Whether you work in law enforcement, social services, behavioral health, or none of the above, suicide impacts you and your community (probably a lot more than you think it does). This session will explore the data behind our current suicide epidemic, talk about what works when intervening with a suicidal individual, review the ins and outs of postvention after a suicide loss occurs, and conclude with an examination of the self-care necessary to sustain us all.

**WHAT DOESN'T MAKE SENSE (CENTS) BURNS OUT**

*Chuck Behrens, M.Div.  
Hospice of the Western Reserve*

We all know about Compassion Fatigue. We all know the ways and tools to avoid and combat Professional Burn-Out. Yet many of us have difficulty enacting the strategies we know are effective. Through a series of lecture/stories/film clips/interactive exercises, this presentation will engage in such a way that we can experience these topics in a different perspective that will enable the participant to not only leave validated and refreshed, but also in a way that will make SENSE and quite possible C-E-N-T-S.

**THURSDAY, APRIL 23, 2020: 12:45 PM - 4:00 PM**

**THE LONELINESS EPIDEMIC**

*Jennifer Vittek, MSW, LSW, OCPISI  
Signature Health*

One aspect of humanity that all arenas of perspective, ranging from scientists to theologians to psychologists, can agree on is that people desire and need connection to survive and thrive. Loneliness causes more harm to physical health than smoking 15 cigarettes each day. This presentation will provide research and statistics about the public health epidemic of loneliness, as well as ways to support and promote connection at individual and community levels to improve the health of our community overall.

**ACTIVITIES THAT WILL ENGAGE YOUR GROUP**

*Missy Bell, BA, OCPS II  
Ravenwood Health*

Communication skills, working together and decision making are all important aspects of social and emotional wellness. Working with groups is an excellent way for children and adults to process information and help learn in practical and fun ways. Discover activities you can use in your work in dealing with topics such as substance abuse, bullying, values and group cohesion.

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- Online registration cost is \$40 per session. Visit our website at [www.lakegeaugatrainingcommittee.org](http://www.lakegeaugatrainingcommittee.org) to register today. **Online registration deadline is April 10, 2020.**
  - Walk-in registration cost at the door is \$50 per session
  - **PLEASE NOTE:** **License number is required at registration for attendees needing CEUs.** CEUs are pending in CE Broker and will not be provided without participant's license number.
  - Please arrive 15 minutes early to sign in
  - Please visit LGTC website for workshop cancellations
  - Attendees will have access to more than a dozen lunch options within 3 miles of Holden Center
  - Please direct questions to Jennifer Vittek at **440-853-1501 X 14101** or [jvitttek@shinc.org](mailto:jvitttek@shinc.org)

## **NEW LOCATION!**

The LGTC Educational Ensemble will be held at the

**Holden University Center**  
Lakeland Community College  
4242 OH-306  
Kirtland, OH 44094

**Thank you to LGTC's 2020 Educational Ensemble sponsor**

