

## **Aggression Replacement Training (ART)**

Our instructors lead this dynamic 5 day course in a truly interactive and engaging way. You're an important part of the training from Day 1! That's because for 5 days you participate as an instructor, participant and coach while implementing and refining your ART® techniques. By the end of the course you'll have plenty of perspective and experience. You'll also be certified to facilitate ART® groups. OYA staff must have their supervisor's approval to attend.

Knowledgeable instructors lead the class through:

- Structured Learning Training
- Anger Control Training
- Moral Reasoning

## **Applied Suicide Intervention Skills Training (ASIST)**

**ASIST** is a two-day interactive workshop that trains professionals and other community providers in suicide "first-aid". Participants are trained how to recognize and assess the potential risk of suicide. This workshop also equips the participant with the intervention skills to keep the person safe until the appropriate level of ongoing help can be accessed. OYA staff must have their supervisor's approval to attend.

Participants will be able to:

- Recognize attitudes about suicide
- Identify suicide factors and estimate risk
- Intervene with a person at risk to make them safe
- List resources available to a person at risk
- Commit to help coordinate social support for a person at risk

## **Changing Offender Behavior (COB) Training**

Join us for this three-day course that will give you the knowledge you need to be a C.O.B. group facilitator. The Changing Offender Behavior program is an evidenced-based system that remediates criminogenic antisocial thinking and cognitive skill deficits. The program uses a service delivery approach that incorporates principles of modeling, rehearsing, and rewarding pro-social thoughts and behavior. This course includes study of the two curriculum workbooks, each containing ten group sessions. OYA staff must have their supervisor's approval to attend.

Knowledgeable instructors lead the class through:

- A review of Cognitive Behavioral Therapy
- Techniques for shaping pro-social behavior
- A review of the 20 group sessions in the provided workbooks

## **Motivational Enhancement Therapy & Cognitive Behavioral Therapy (MET CYT12)**

Join us for this nationally recognized training that is the cornerstone for OYA ATOD (Alcohol, Tobacco and Other Drugs) treatment. The training will give you the opportunity to develop your skills in providing both ATOD Motivational Enhancement as well as Cognitive-Behavioral Treatment to juvenile offenders. The training begins with focusing on how to move resistant clients toward lasting change. You'll practice the skills you learn through behavioral rehearsal and role plays. The balance of the training will focus on teaching pro-social skills from a cognitive-behavior framework. OYA staff must have their supervisor's approval to attend.

There are 12 sessions in the training. They include:

- Refusal Skills
- Coping with High Risk Situations
- Coping with Cravings & Urges
- Depression Management...

## **Instructor Development Course (IDC)**

This course is a must for anyone who wants to build their skills as an instructor or group facilitator. You'll learn to deliver training using different methods that keep your audience engaged. We'll give you tools, tips and techniques to help you build your own training style. You'll also get plenty of "stand-up" practice time to hone your presentation skills. If you're interested in experiencing a new perspective on training (with a likely bonus of increased confidence) then sign up for this course! OYA staff must have their supervisor's approval to attend.

The training includes:

- Fundamentals of Training
- Understanding Learning and Training Style
- The Multi-generational Classroom
- Video-taped Practice Sessions with Feedback

## **Pathways to Self-Discovery and Change Training**

Join us for this new 4 day introductory course customized especially for OYA! This evidence-based program uses cognitive behavioral intervention methods and addresses criminal conduct and chemical dependency. During the course you'll learn how to help youth you work with gain control over their own thoughts and feelings. You'll also learn how to help them manage those thoughts and feelings in a prosocial manner. OYA staff must have their supervisor's approval to attend.

The course is presented by the author of the Pathways series, Harvey Milkman, Ph.D. Topics included are:

- Building Trust and Motivation to Change
- Backsliding to drugs and crime
- Zeroing in on Harm-Directive Thoughts
- Handling Anger, Guilt and Depression
- Fostering Stability and Growth

## **Seeking Safety Training – Evidence-based model for trauma and/or substance abuse**

Join us for this 2 day course that will prepare you to implement Seeking Safety in your setting! Seeking Safety is an evidence-based model for trauma and/or substance abuse. The course includes background information on trauma and substance abuse that includes rates, presentation, models and stages of treatment, and clinical challenges. This interactive course also includes clinical demonstrations and role plays to demonstrate and practice treatment strategies. By the end of the course you'll have everything you need to implement Seeking Safety. OYA staff must have their supervisor's approval to attend.