



C U Y A H O G A C O U N T Y  
**Board of Developmental Disabilities**

# **MARCH 9, 2018 TRAINING ANNOUNCEMENT**

## Important Information for All Participants

- In-Service training is a work activity.
- All workplace rules including those regarding cell phone use and all electronic devices are in effect during all training sessions.
- Please be courteous and respectful to the presenters and your fellow classmates by paying attention and participating.
- *Some classrooms may be COLD, please be sure to bring a sweater or jacket.*  
Thank you.



**Questions? Please contact:**

Madonna Hengoed, Staff Development Coordinator  
216-736-8352

[Hengoed.Madonna@cuyahogabdd.org](mailto:Hengoed.Madonna@cuyahogabdd.org)



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# LOCATION INDEX



Beachwood AAC	<b>23750 Mercantile Road, Beachwood, OH 44122</b>
Brooklyn AAC	<b>10991 Memphis Avenue, Brooklyn, OH 44144</b>
East Cleveland AAC	<b>13231 Euclid Avenue, East Cleveland, OH 44112</b>
Euclid AAC	<b>1490 East 191<sup>st</sup> Street, Euclid, OH 44117</b>
Maple Heights AAC	<b>14775 Broadway, Maple Heights, OH 44137</b>
Parma AAC	<b>12660 Plaza Drive, Parma, OH 44130</b>
Rocky River AAC	<b>20120 Detroit Road, Rocky River, OH 44116</b>
Southwest AAC	<b>4720 Hinckley Industrial Parkway, Cleveland, OH 44109</b>

# Good Life Part 3: Be a Hero! Using Good Life & Self-Care to Combat Compassion Fatigue

**CODE: GE0163-1**

## **OBJECTIVES/PROGRAM CONTENT:**

Good Life Training provides information and support utilizing Good Life principles to combat Compassion Fatigue: Participants will be encouraged to use Self-Assessment, Stretch Zone and Intentionality to help others as well as ourselves. CCBDD's Good Life Steering Committee members and fellow Good Life Facilitators will use an interactive and transformative process that aims to positively impact participants' attitudes, actions, and daily practices. This will be a deliberate journey to challenge oneself to develop a fresh outlook and perspective.

*Participants will be challenged to utilize good life tools (during this time of individual and organizational change and challenges), in a way that builds positive relationships and promotes a positive work environment. Participants will leave more self-aware, ready to act from their stretch zone to intentionally engage daily challenges.*

**OPEN TO: CCBDD Employees and External Agencies**

**CONTINUING EDUCATION: CCBDD 3.0 CPDU'S (AS, SSA)**

<b>DATE</b>	<b>LOCATION</b>	<b>CODE</b>	<b>INSTRUCTOR</b>	<b>TIME</b>
March 9, 2018	Beachwood AAC	BA	A. Foliart	8:00 AM - 11:10 AM

**REGISTRATION DEADLINE IS ONE WEEK PRIOR TO CLASS START DATE**

### **EXTERNAL AGENCIES:**

**REGISTRATION IS THROUGH THE EXTERNAL REGISTRATION FORM FOUND AT THE END OF THIS PACKET**

# Compassion Fatigue

**CODE: SM0129-2**

**OBJECTIVES/PROGRAM CONTENT:**

Whether good or bad, stress is something we all experience to some extent. This is particularly true for professional caregivers (nurses, counselors, social workers and other health care professionals). Decreased funding leads to higher caseloads and longer hours for many caregivers. Finding a balance and setting healthy boundaries will make life easier both at work and at home. Not finding a balance can lead to compassion fatigue. This program will look at traumatic and non-traumatic stress, the signs and symptoms of each, what leads to compassion fatigue and possible interventions for each.

**Objectives:**

- Identify the signs and symptoms of caregiver stress
- List misconceptions that increase caregiver stress, as well as clinical interventions to decrease stress
- Distinguish traumatic stress from non-traumatic, and list clinical interventions for both

**OPEN TO: CCBDD Employees and External Agencies**

**CONTINUING EDUCATION: CCBDD 3.0 CPDU'S (AS, SSA)**

DATE	LOCATION	CODE	INSTRUCTOR	TIME
March 9, 2018	Beachwood AAC	BA	Julia Ellifritt, EASE	12:20 PM – 3:30 PM

**REGISTRATION DEADLINE IS ONE WEEK PRIOR TO CLASS START DATE**

**EXTERNAL AGENCIES:**

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**OPEN TO: CCBDD Employees and External Agencies**

**CONTINUING EDUCATION: CCBDD 3.0 CPDU'S (AS, SSA)**

DATE	LOCATION	CODE	INSTRUCTOR	TIME
March 9, 2018	Brooklyn AAC	BR	Julia Ellifritt, EASE	8:00 AM – 11:10 AM

**REGISTRATION DEADLINE IS ONE WEEK PRIOR TO CLASS START DATE**

**EXTERNAL AGENCIES:**

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**OPEN TO: CCBDD Employees and External Agencies**

**CONTINUING EDUCATION: CCBDD 3.0 CPDU'S (AS, SSA)**

<b>DATE</b>	<b>LOCATION</b>	<b>CODE</b>	<b>INSTRUCTOR</b>	<b>TIME</b>
March 9, 2018	Brooklyn AAC	BR	A. Foliart	12:20 PM – 3:30 PM

**REGISTRATION DEADLINE IS ONE WEEK PRIOR TO CLASS START DATE**

### **EXTERNAL AGENCIES:**

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# POSITIVE BEHAVIOR SUPPORTS – CUYAHOGA REVISION: IMPLEMENTERS COURSE

**CODE: BM0247-1**

## **OBJECTIVES/PROGRAM CONTENT:**

The PBS-CR Implementers Course presents a system of behavioral crisis prevention and response for working with individuals with developmental disabilities. Upon successful completion of the four-hour course, participants will be able to receive individual-specific training and participate in implementation of ISPs which may require the use of restraint. To successfully complete the course, participants must be physically able to practice various physical safety and manual restraint techniques which require bending down, relatively rapid movements and physically holding onto another person with specific postural techniques that require a full range of motion.

**OPEN TO: CCBDD Employees & other agencies serving people with developmental disabilities**

**CONTINUING EDUCATION: CCBDD 3.5 CPDU'S (AS, SSA)**

<b>DATE</b>	<b>LOCATION</b>	<b>CODE</b>	<b>TRAINERS</b>	<b>TIME</b>
March 9, 2018	East Cleveland AAC	EC	PBS Trainers	8:00 AM – 12:00 PM

**REGISTRATION DEADLINE IS ONE WEEK PRIOR TO CLASS START DATE**

### **EXTERNAL AGENCIES:**

**REGISTRATION IS THROUGH THE EXTERNAL REGISTRATION FORM FOUND AT THE END OF THIS PACKET**



# Adapting to Change

**CODE: SM0130-2**

## **OBJECTIVES/PROGRAM CONTENT:**

Change is a constant in many of our lives. All around us, technologies, processes, people, ideas, and methods often change, affecting the way we perform daily tasks and live our lives. Organizational changes in the workplace seem to be happening more and more frequently and often with very little notice. Therefore, managing change has become a critical skill for employees in any organization.

### **Objectives:**

- Learn the phases and **ranges of emotions** during change
- Understand the **stages** of organizational change
- Improve understanding of emotions to **improve communication and acceptance**
- Understand the importance of **resiliency and flexibility** in times of change
- Providing ideas for **self-care** during change

**OPEN TO: CCBDD Employees and External Agencies**

**CONTINUING EDUCATION: CCBDD 3.0 CPDU'S (AS, SSA)**

<b>DATE</b>	<b>LOCATION</b>	<b>CODE</b>	<b>INSTRUCTOR</b>	<b>TIME</b>
March 9, 2018	East Cleveland AAC	EC	Sonya Weiland, EASE	1:00 PM – 4:10 PM

**REGISTRATION DEADLINE IS ONE WEEK PRIOR TO CLASS START DATE**

### **EXTERNAL AGENCIES:**

**REGISTRATION IS THROUGH THE EXTERNAL REGISTRATION FORM FOUND AT THE END OF THIS PACKET**

# Cultural Competency

**CODE: SS0252-1**

**OBJECTIVES/PROGRAM CONTENT:**

This training is designed to provide a fundamental understanding of the Lesbian Gay Bisexual Transgender community. Employees who attend this training will develop cultural competency in this aspect of diversity and inclusion when serving and supporting members of the LGBT Community. Participants will learn common language, concepts, risk factors that affect the greater LGBT community. The presenter will focus on risk factors of working with a vulnerable population and how that may guide the actions of those they serve, as well as the impact of pre-existing thoughts and biases on professional interactions. This training is designed to encourage future learning and to guide conversations within workplaces regarding issues affecting LGBT individuals.

**OPEN TO: CCBDD Employees and External Agencies**

**CONTINUING EDUCATION: CCBDD 3.0 CPDU'S (AS, SSA)**

DATE	LOCATION	CODE	INSTRUCTOR	TIME
March 9, 2018	Euclid AAC	EU	Eris Eady, Program Director, The LGBT Community Center of Greater Cleveland	8:00 AM - 11:10 AM

**REGISTRATION DEADLINE IS ONE WEEK PRIOR TO CLASS START DATE**

**EXTERNAL AGENCIES:**

**REGISTRATION IS THROUGH THE EXTERNAL REGISTRATION FORM FOUND AT THE END OF THIS PACKET**

# Introduction to Sign Language and Deafness

**CODE: SL0135-2**

**OBJECTIVES/PROGRAM CONTENT:**

An “Introduction to Sign Language and Deafness” will cover the rich history of Deaf Americans and the unique story of how ASL became a recognized language. Participants will learn about current technology that is available for Deaf individuals as well as how to work with an interpreter. The last section of the class will teach the basic sign language necessary to communicate when an interpreter is not immediately available. Time will be provided for participants to ask how to sign specific vocabulary (related to work or personal interests/hobbies). The instructor will provide resources for additional learning opportunities for those who wish to continue learning American Sign Language.

As a result of this training, participants will understand the view of Deafness as a culture rather than pathology, learn about the rich story of American Sign Language and Deaf culture as well as learn about the different resources available to them.

**OPEN TO: CCBDD Employees and External Agencies**

**CONTINUING EDUCATION: CCBDD 3.0 CPDU’S (AS, SSA)**

<b>DATE</b>	<b>LOCATION</b>	<b>CODE</b>	<b>INSTRUCTOR</b>	<b>TIME</b>
March 9, 2018	Euclid AAC	EU	K. Bull	12:20 PM – 3:30 PM

**REGISTRATION DEADLINE IS ONE WEEK PRIOR TO CLASS START DATE**

**EXTERNAL AGENCIES:**

**REGISTRATION IS THROUGH THE EXTERNAL REGISTRATION FORM FOUND AT THE END OF THIS PACKET**

# Stroke Education

**CODE: HE0313-1**

**OBJECTIVES/PROGRAM CONTENT:**

As a result of this training, participants will learn the following:

- Stroke warning signs
- Types of strokes
- Risk factors
- Lifestyle management and follow-up care
- 3 R's for stroke prevention
- Stroke in patients with developmental disabilities

**OPEN TO: CCBDD Employees and External Agencies**

**CONTINUING EDUCATION: CCBDD 3.0 CPDU'S (AS, SSA)**

<b>DATE</b>	<b>LOCATION</b>	<b>CODE</b>	<b>INSTRUCTOR</b>	<b>TIME</b>
March 9, 2018	Maple Heights AAC	MA	Rochelle Smith, Nurse Manager, MetroHealth	8:00 AM – 11:10 AM

**REGISTRATION DEADLINE IS ONE WEEK PRIOR TO CLASS START DATE**

**EXTERNAL AGENCIES:**

**REGISTRATION IS THROUGH THE EXTERNAL REGISTRATION FORM FOUND AT THE END OF THIS PACKET**

# POSITIVE BEHAVIOR SUPPORTS – CUYAHOGA REVISION: IMPLEMENTERS COURSE

**CODE: BM0247-2**

## **OBJECTIVES/PROGRAM CONTENT:**

The PBS-CR Implementers Course presents a system of behavioral crisis prevention and response for working with individuals with developmental disabilities. Upon successful completion of the four-hour course, participants will be able to receive individual-specific training and participate in implementation of ISPs which may require the use of restraint. To successfully complete the course, participants must be physically able to practice various physical safety and manual restraint techniques which require bending down, relatively rapid movements and physically holding onto another person with specific postural techniques that require a full range of motion.

**OPEN TO: CCBDD Employees & other agencies serving people with developmental disabilities**

**CONTINUING EDUCATION: CCBDD 3.5 CPDU'S (AS, SSA)**

<b>DATE</b>	<b>LOCATION</b>	<b>CODE</b>	<b>TRAINERS</b>	<b>TIME</b>
March 9, 2018	Maple Heights AAC	MA	PBS Trainers	12:10 PM – 4:10 PM

**REGISTRATION DEADLINE IS ONE WEEK PRIOR TO CLASS START DATE**

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**OPEN TO: CCBDD Employees & other agencies serving people with developmental disabilities**

**CONTINUING EDUCATION: CCBDD 3.5 CPDU'S (AS, SSA)**

<b>DATE</b>	<b>LOCATION</b>	<b>CODE</b>	<b>TRAINERS</b>	<b>TIME</b>
March 9, 2018	Parma AAC	PA	PBS Trainers	8:00 AM – 12:00 PM

**REGISTRATION DEADLINE IS ONE WEEK PRIOR TO CLASS START DATE**

## **EXTERNAL AGENCIES:**

**REGISTRATION IS THROUGH THE EXTERNAL REGISTRATION FORM FOUND AT THE END OF THIS PACKET**

# Crimes in the DD Population

**CODE: SS0253-2**

## **OBJECTIVES/PROGRAM CONTENT:**

As a result of this training, participants will learn the following:

- The role and characteristics of individuals with DD who interact with the Criminal Justice System as: perpetrators, victims, witnesses and collateral damage
- Risk factors specific to perpetrators with DD and describe the characteristics of individuals with DD that cause them to become suspects
- Basics of the Atkins v. Virginia decision
- Prevention strategies for both victims and perpetrators, the court system as it pertains to victims and perpetrators and action steps/ services to support perpetrators and victims during and after the court process

**OPEN TO: CCBDD Employees and External Agencies**

**CONTINUING EDUCATION: CCBDD 2.0 CPDU'S (AS, SSA)**

<b>DATE</b>	<b>LOCATION</b>	<b>CODE</b>	<b>INSTRUCTOR</b>	<b>TIME</b>
March 9, 2018	Parma AAC	PA	B. Demopoulos / C. Kleinschmidt	1:00 PM – 3:40 PM

**REGISTRATION DEADLINE IS ONE WEEK PRIOR TO CLASS START DATE**

### **EXTERNAL AGENCIES:**

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# Adapting to Change

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**OPEN TO: CCBDD Employees and External Agencies**

**CONTINUING EDUCATION: CCBDD 3.0 CPDU'S (AS, SSA)**

<b>DATE</b>	<b>LOCATION</b>	<b>CODE</b>	<b>INSTRUCTOR</b>	<b>TIME</b>
March 9, 2018	Rocky River AAC	RR	Sonya Weiland, EASE	8:00 AM – 11:10 AM

**REGISTRATION DEADLINE IS ONE WEEK PRIOR TO CLASS START DATE**

### **CCBDD STAFF:**

**REGISTRATION IS THROUGH S.T.A.R.S. (216-736-4500)**

### **EXTERNAL AGENCIES:**

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## Cultural Competency

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**OPEN TO: CCBDD Employees and External Agencies**

**CONTINUING EDUCATION: CCBDD 3.0 CPDU'S (AS, SSA)**

<b>DATE</b>	<b>LOCATION</b>	<b>CODE</b>	<b>INSTRUCTOR</b>	<b>TIME</b>
March 9, 2018	Rocky River AAC	RR	Eris Eady, Program Director, The LGBT Community Center of Greater Cleveland	12:20 PM – 3:30 PM

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### **EXTERNAL AGENCIES:**

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**OPEN TO: CCBDD Employees & other agencies serving people with developmental disabilities**

**CONTINUING EDUCATION: CCBDD 3.5 CPDU'S (AS, SSA)**

<b>DATE</b>	<b>LOCATION</b>	<b>CODE</b>	<b>TRAINERS</b>	<b>TIME</b>
March 9, 2018	Southwest AAC	SW	PBS Trainers	8:00 AM – 12:00 PM

**REGISTRATION DEADLINE IS ONE WEEK PRIOR TO CLASS START DATE**

## **EXTERNAL AGENCIES:**

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**OPEN TO: CCBDD Employees & other agencies serving people with developmental disabilities**

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<b>DATE</b>	<b>LOCATION</b>	<b>CODE</b>	<b>TRAINERS</b>	<b>TIME</b>
March 9, 2018	Southwest AAC	SW	PBS Trainers	12:30 PM – 4:30 PM

**REGISTRATION DEADLINE IS ONE WEEK PRIOR TO CLASS START DATE**

## **EXTERNAL AGENCIES:**

**REGISTRATION IS THROUGH THE EXTERNAL REGISTRATION FORM FOUND AT THE END OF THIS PACKET**

# EXTERNAL REGISTRATION

Please Print

Name: \_\_\_\_\_

Work Name: \_\_\_\_\_

Work Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_


Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Status (please check all that apply):

Volunteer     Respite     Transportation     Day Program  
 Residential Staff     Other \_\_\_\_\_  
 Parent/Guardian  
 Name of Agency/Provider \_\_\_\_\_

Please register me for the following programs:

Class Code:	Program:	Date:	Time:	Location Code:
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Return this registration form to: Registration/Staff Development,  CCBDD – Attn: Staff Development, 1275 Lakeside Ave East, Cleveland, OH 44114-1129

You may also fax to: 216-736-4544 (Attn: Staff Development) or E-Mail at:  
[hengoed.madonna@cuyahogabdd.org](mailto:hengoed.madonna@cuyahogabdd.org)

**Registration is due one week prior to program date.** Your registration is considered confirmed unless you receive a telephone call to indicate otherwise

**If you find that you cannot attend the class after you registered for it,** please cancel your registration ASAP by calling Madonna Hengoed at 216-736-8352 so that others may attend.

**If you do not register for a class, you will not be able to participate.** Participants that are not on the registration list will need to report back to their own work site.