

Comprehensive and Compassionate Family Support: Navigating Complex Cases with Trauma-Informed Strategies

Presented in Spanish

With Jeanette Lopez-Urbina, LCSW | Monday, May 5th

A FREE training presented by Alameda County Behavioral Health Department and A Better Way

Course Objectives

- 1.) Identify three trauma-informed and culturally responsive strategies in addressing trauma, substance abuse, and other complex mental health challenges through case management services.
- 2.) Identify two ways to increase assessment and conceptualization skills in understanding potential challenges in family dynamics in families that experience multilayered and complex needs.
- 3.) Review at least two communication and conflict resolution strategies to support relationship concerns and dynamics in families when providing case management services.
- 4.) Identify 2-3 ways to engage families and build a positive alliance in family therapy, including through trauma informed practices, linguistically appropriate, and culturally responsive practices.

Case management services can be beneficial for youth and families who experience complex and multilayered needs. As the service can be comprehensive in providing support in various life domains, including health, social, psychological, and vocational needs, this training will offer support for providers to build on their engagement, assessment, and plan development skills. This training is about supporting families through a compassionate, trauma-informed, and culturally responsive lens. This training will also focus on empowering families by providing access to resources and promoting safety and wellness of youth and families experiencing complex challenges that often are a result of repeated exposure to trauma, or other challenges such as substance abuse and high-risk behaviors.

This training will provide an opportunity to support providers to increase their skills in assessing and responding to family dynamics (i.e. navigating communication patterns, conflict resolution and varying family relationships), through a family systems lens. How to support service coordination so families can thrive, be treated through a trauma-informed lens, reviewing life domains and ensuring that families are connected to adequate resources will also be covered.

Audience: Alameda County Behavioral Health Department (ACBHD) clinical staff and contracted CBO providers are welcome. Capacity is limited. Open until filled.

Jeanette Lopez-Urbina, LCSW has worked in the mental health/social services field for over 18 years. She has worked in various settings in Northern and Southern California, including residential and community-based services, through services such as Wraparound, therapy and violence prevention work. Jeanette has worked extensively with youth and families, especially in the area of trauma, including supporting youth and families in specialized services that address gang involvement, sexual exploitation, immigration trauma, and issues related oppression, racism, and acculturation issues. Jeanette is a bilingual Salvadoran-American professional who enjoys practicing from a social justice, relational, and psychodynamic approach. She currently holds a Private Practice in Berkeley and is a Clinical Supervisor.



Monday, May 5th | Presented on Zoom

10:00am-2:00pm | Online Waiting Room Opens at 9:45am

Online Course | Zoom link sent 2 days before course

3 CEs available for: LCSW, LMFT, LEP, LPCC, PsyD, PhD, RN, Certified Peer Specialists, and CADC

Private code to register:
15x4me (translated: elle-5x4me)

TO REGISTER

Click below to sign up & register:

<https://training.abetterwayinc.net/courses/6145>

A Better Way is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor 3 Continuing Education for LCSW, LMFT, LPCC, LEP (62361), and the California Psychological Association (CPA) to sponsor 3 Continuing Education for PhD, PsyD (ABE010). The California Board of Behavioral Sciences (BBS) recognizes CAMFT and CPA Continuing Education credit for license renewal. A Better Way maintains responsibility for this program and its content. Attendees must attend entire course for CE credit. Alameda County Behavioral Health is approved to sponsor CE credit for Certified Peer Specialists, Addiction Professionals, and RNs. This course meets the qualifications for 3 hours of CE credit for Addiction Professionals by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP_EI), Provider No. 4C-04-604-0626; and for RNs by the California Board of Registered Nurses, BRN Provider No. 12040. ACBHCS maintains responsibility for this program/course and its content.

For accommodations or grievances, contact: Trainings@abetterwayinc.net | (510) 913-1326