

March 2021		
Screening for Child Trauma Using the Child Trauma Screen	Tuesday, March 23 12:00 pm to 1:00 pm Register here	Many children suffer from trauma in silence and alone. Screening is a way to identify children that are experiencing high levels of distress and may need additional support to overcome trauma exposure. Screening is also important to facilitate discussions with youth and caregivers about trauma, to provide factual information about traumatic stress, and to offer a range of resources to families, including evidence-based treatment when indicated. Members from the Child Health Development Institute of Connecticut will provide an overview on using the Child Trauma Screen. A copy of the measure may be accessed here .
April 2021		
Trauma and Posttraumatic Stress Disorder	Tuesday, April 13 12:00 to 1:30 pm Register here	Dr. Sandy Capaldi will present information on the various definitions of trauma, ways traumas are encountered, and trauma's effects on the mind and body. Common reactions to trauma, along with a review of symptoms of PTSD will also be discussed. Finally, Dr. Capaldi will introduce an effective model of treatment for PTSD, Prolonged Exposure therapy. <i>BHTEN is a co-sponsor for this workshop. Click the registration link for more information on CEUs.</i>
Culturally-Responsive Therapeutic Strategies	Thursday, April 15 9:00 to 11:00 am Register here	This workshop will present basic skills of applying multicultural principles in therapy & culturally responsive adaption of assessment & cognitive behavioral treatments. This workshop will be geared to therapists at all levels who are seeing clients from marginalized backgrounds & interested in learning ways to make culturally responsive adaptations of CBTs. <i>BHTEN is a co-sponsor for this workshop. Click the registration link for more information on CEUs.</i>
The ABCs of DBT	Tuesday, April 20 & April 27 9:00 am to 12:15 pm Register here	Dialectical Behavior Therapy (DBT) is a comprehensive treatment that balances principles of acceptance (mindfulness) and change (behaviorism). This training is designed to provide clinicians, administrators and line staff with an overview of DBT. The focus will be on describing the principles of DBT, how each of the modes

		of the treatment work together and how providers use the strategies in DBT to help clients change their behaviors and create lives worth living.
Helping the Helper	Thursday, April 29 12:00 to 12:45 pm Register here	Dr. Paul Grant and Dr. Ellen Inverso from the Beck Institute will lead a Helping the Helper session. These sessions are designed to support mental health workers and clinicians as we continue to adjust to changes brought about by COVID-19 and these tumultuous times.
May 2021		
Structuring Your Sessions for Success	Tuesday, May 4 9:00 to 11:00 am Register here	In this workshop, participants will learn how and why to use a consistent, flexible structure for their therapy sessions. Participants will practice using new structure skills in small groups. Learning Objectives: 1) Identify the rationale for setting an agenda, assigning homework, and getting feedback 2) Understand how to set an agenda, assign homework, and ask clients for feedback 3) Practice setting an agenda <i>BHTEN is a co-sponsor for this workshop. Click the registration link for more information on CEUs.</i>
The Role of Black Churches in Promoting and Implementing Evidence-Based Mental Health Interventions	Thursday, May 6 12:00 to 1:00 pm Register here	Dr. Kimberly Arnold will lead a discussion on ways to engage Black churches and religious communities around manualized treatments. This lecture will include discussion ideas for working with churches to adapt EBPs for delivery as part of church programming. This is a great opportunity to hear Dr. Arnold's ideas and discuss ways that communities and churches and work together to provide best treatments.
Disparities Lecture Series: Understanding Health Disparities and How We Can Respond	Tuesday, May 18 1:00 to 2:15 pm Register here	The CBH & DBHIDS Disparities Dr. Ana Bridge's, Director of the DREAM Lab at the University of Arkansas, will present "Understanding Health Disparities and How We Can Respond." Dr. Bridge's will discuss solutions and interventions to address mental health disparities.