

Western Massachusetts Network to End Homelessness invites you to attend a series of one-day workshops on Motivational Interviewing, Trauma Informed Care, and Critical Time Intervention.

Note: All trainings are free, thanks to support from the Commonwealth of Massachusetts. Attendees may register for 1, 2 or 3 trainings. Capacity is 50 participants per training, so please select up to 2 staff per organization with the intention to bring back the learning to your organization as a whole.

Who should attend:

Teams prepared to consider implementing these approaches within your organization, for example:

- Clinical practitioners who provide behavioral health services in homeless service settings;
- Supervisors who train and mentor staff;
- Other social services staff providing care to people experiencing homelessness (e.g., case managers, program directors, peer specialists, and health practitioners); and
- Managerial staff.

Workshop 1: Introduction to Motivational Interviewing

Motivational Interviewing (MI) is a collaborative style for strengthening a person's own motivation and commitment to change. It offers providers a useful framework for interacting with people who are experiencing homelessness and struggling with housing, employment, substance use, mental illness, and traumatic experiences. Motivational Interviewing is rooted in an understanding of how hard it is to change learned behaviors, many of which were developed for survival on the streets.

This one-day workshop introduces participants to the underlying mindset and core skills of MI. Participants engage in learning through written materials, exercises, didactic presentation and practice opportunities.

Objectives:

Participants will be able to:

1. Describe the four elements of the heart-set and mind-set of MI
2. Name the four processes involved in MI conversations
3. Provide examples of the core skills
4. Demonstrate how to recognize change talk
5. List the potential strategies for implementing MI in their organization

When: Friday, February 12, 2016. Registration 8:30 am; 9 am – 4 pm. Lunch will be provided. Snow date: Friday, February 26, 2016.

Where: Mercy Medical Center, 170 Carew Street, Springfield, O'Hara Room (Lower Level)

To register, go here:

<https://www.eventbrite.com/e/motivational-interviewing-training-tickets-20593009245>

Workshop 2: Introduction to Trauma-Informed Care

Traumatic stress impacts every aspect of a person's life, including their responses to danger, ability to form and sustain relationships, self-concept, decision-making, physical and mental health, and ability to maintain housing and employment. A "trauma-lens" provides a way to understand peoples' behaviors, responses, attitudes, and emotions as survival skills developed in response to traumatic experiences. Given the extensive trauma in the lives of people experiencing homelessness, it is essential that providers, and the service systems in which they work, adopt this "trauma-lens" in order to make services effective, facilitate recovery, and promote recovery stability.

Objectives:

Participants will be able to:

1. Define Trauma-Informed Care
2. Describe how the neurobiology of trauma impacts functioning
3. List the principles of Trauma-Informed Care
4. Understand ways to address trauma triggers
5. Assess the current practices in their own agency/program.

When: Wednesday, April 6, 2016. Registration 8:30 am; 9 am – 4 pm. Lunch will be provided.

Where: Mercy Medical Center, 170 Carew Street, Springfield, **Medical Staff Room**

To register, go here: <https://www.eventbrite.com/e/trauma-informed-care-training-tickets-20593082464>

Workshop 3: Introduction to Critical Time Intervention

Critical Time Intervention (CTI) connects people with community supports as they transition into housing from homelessness or institutional settings such as prisons and hospitals. CTI is an evidence-based, time-limited approach to case management. It has been used to support individuals with a serious mental illness, HIV, or those who have experienced chronic homelessness. CTI facilitates continuity of care and community integration by ensuring that people have enduring ties to their community. It has been adapted for use with formerly incarcerated individuals, veterans who have a history of recurrent homelessness, young people who experienced first episode psychosis and other vulnerable groups during periods of transition.

Objectives:

Participants will be able to:

1. Define CTI and describe why it was developed.
2. Describe the key principles of CTI and the population it is designed to serve.
3. Describe the three phases of the CTI and the specific roles of CTI team members.
4. List the tools that teams need to implement CTI.

When: Tuesday, June 7, 2016. Registration 8:30 am; 9 am – 4 pm. Lunch will be provided.

Where: Mercy Medical Center, 170 Carew Street, Springfield, O'Hara Room (lower level)

To register, go here: <https://www.eventbrite.com/e/critical-time-intervention-tickets-20593108542>

Special thanks to Mercy Medical Center for its generous donation of meeting space and food for all 3 trainings.

About the Trainer:

Dr. Jennifer Frey founded a homeless outreach team that engaged people who were homeless and experiencing serious addiction disorders, mental disorders, and co-occurring medical conditions into housing, employment, shelter, and treatment services. She is passionate about working with practitioners of homeless services and has been working with the Center for Social Innovation for the past several years.

Jen provides training, coaching, and feedback in Motivational Interviewing, Trauma Informed Care and Critical Time Intervention. She served on the faculty of Yale University where she implemented evidence-based and best practices in community based settings.

Jen has a doctorate in Clinical Psychology from The Pennsylvania State University and is licensed to practice psychology in Connecticut and Washington, D.C. She has more than 20 years' experience providing clinical services and consulting on services for people who are diagnosed with serious medical, mental health, and substance use disorders. Jen also consults on Recovery-Oriented Systems of Care and writes evidence based and best practice train the trainer curricula.