

All sessions below have received approvals for LCSW/LCPC/ LPC/LSW, and IAODAPCA Continuing Education Units.

***The Experience of Mental Illness and Recovery
(A Thresholds New Staff Orientation Session)***

3.5 hours

Trainer: Shirley Helm

Location: 4423 N. Ravenswood Ave., Chicago, IL 60640

This training focuses on the experiences of people with mental illnesses: their experiences of illness (symptoms, treatments) and its consequences (stigma, disempowerment), as well as their experiences of recovery (what helped, what hindered). Stories of individuals, both in person and through various media, are highlighted.

Shirley Helm, M.M., is a veteran consumer of mental health services. She has worked in the Thresholds Workforce Development Department since 2000, first as a software instructor and then in her current position as Training Associate.

This seminar will be offered at the following dates/times:

Tuesday, October 7, 2014	1:00 pm – 4:30 pm
Tuesday, October 21, 2014	1:00 pm – 4:30 pm
Tuesday, November 4, 2014	1:00 pm – 4:30 pm
Tuesday, November 18, 2014	1:00 pm – 4:30 pm
Tuesday, December 9, 2014	1:00 pm – 4:30 pm

***Cultural Diversity and Anti-Discrimination Policies
(A Thresholds New Staff Orientation Session)***

3.0 hours

Trainer: Nesha Breashears or Nancy Little

Location: 4423 N. Ravenswood Ave., Chicago, IL 60640

Members experience their illness and their recovery in a cultural context. In addition, cultural differences affect the helping process as each culture finds certain behaviors, interaction and values more important than others. This training is designed to help staff examine their own values and biases, and to create plans for making any needed changes in their attitudes toward other cultures. Policies surrounding diversity and workplace harassment will also be reviewed.

Nesha Breashears is the Assistant Director of Training for the Thresholds Workforce Development Department.. She has been with Thresholds since 1996, and previously was an outreach worker on the Bridge West ACT Team. She has trained on topics surrounding mental illness and substance abuse issues, as well as cultural diversity. She is a Certified in Drug and Alcohol Counselor.

This seminar will be offered at the following dates/times:

Wednesday, October 8, 2014	8:30 am – 12:00 pm
Wednesday, October 22, 2014	8:30 am – 12:00 pm
Wednesday, November 5, 2014	8:30 am – 12:00 pm
Wednesday, November 19, 2014	8:30 am – 12:00 pm
Wednesday, December 10, 2014	8:30 am – 12:00 pm

Everyday Ethics
(A Thresholds New Staff Orientation Session)

3.5 hours

Trainer: Melanie Kinley

Location: 4423 N. Ravenswood Ave., Chicago, IL 60640

This classroom session invites attendees to expand on the rudiments of ethical decision making learned in the on-line ethics class, by immersing them in real-life, challenging situations and asking them to discuss, in small groups, what they would do and by what process they would arrive at their decision(s). Lively conversation typically ensues, making this a hands-on, animated training experience.

Melanie Kinley is an Associate with the Thresholds Workforce Development Department. She has been with Thresholds for over 25 years in both clinical and management positions. She has trained extensively both within and outside of the agency on topics which include team building, motivational interviewing, ethics, psychopharmacology, dual disorder treatment, psychosocial rehabilitation, and professional wellness.

This seminar will be offered at the following dates/times:

Friday, October 10, 2014	8:30 am – 12:00 pm
Friday, October 24, 2014	8:30 am – 12:00 pm
Friday, November 7, 2014	8:30 am – 12:00 pm
Friday, November 21, 2014	8:30 am – 12:00 pm
Friday, December 12, 2014	8:30 am – 12:00 pm

***Introduction to Motivational Interviewing and Clinical Best Practices
(A Thresholds New Staff Orientation Session)***

3.5 hours

Trainer: Melanie Kinley

Location: 4423 N. Ravenswood Ave., Chicago, IL 60640

Motivational Interviewing can be used to guide people with mental illness and other cognitive/behavioral issues into a path of recovery. Staff will have the opportunity to practice the principles presented his seminar.

Melanie Kinley is an Associate with the Thresholds Workforce Development Department.. She has been with Thresholds for over 25 years in both clinical and management positions. She has trained extensively both within and outside of the agency on topics which include team building, motivational interviewing, ethics, psychopharmacology, dual disorder treatment, psychosocial rehabilitation, and professional wellness.

This seminar will be offered at the following dates/times:

Friday, October 10, 2014	12:30 pm – 4:00 pm
Friday, October 24, 2014	12:30 pm – 4:00 pm
Friday, November 7, 2014	12:30 pm – 4:00 pm
Friday, November 21, 2014	12:30 pm – 4:00 pm
Friday, December 12, 2014	12:30 pm – 4:00 pm

Youth Mental Health First Aid

Tuesday, September 30, 2014

8:00am – 5:00pm 8.0 hours

Trainer(s): Nancy Little and Candy Malina

Location: Thresholds Administrative Offices, 4101 N. Ravenswood, Chicago, IL 60613

Youth Mental Health First Aid is a public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and most importantly – teaches individuals how to help a youth in crisis or experiencing a mental health or substance use challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

Nancy Little is Program Director for the Northside Collaborative Program and former Director of Training for the Thresholds Workforce Development Department. She has been with the agency for over 30 years. She has a Master's Degree in Counseling Psychology from the Adler Institute and is a licensed counselor. She has trained on various topics such as Wellness Management and Recovery, psychopharmacology, "Train the Trainer," clinical supervision, and diagnosis and assessment.

Candy Malina, LCSW, has been working with troubled adolescents since 1981, and has been supervising, administering and developing programs for this population since the late 1980s. She was certified in DBT in 2003 and has been provided training for clinical, residential and educational staff in a number of different youth-serving settings.