

## Meridian K Consulting & Counseling Services Suggested Trainings

**Meridian K Consulting & Counseling Services** offers a full range of trainings and consultations to help organizations, communities and groups better understand trauma and trauma informed care, engage in collaborative planning, and/or more effectively meet the needs of youth and families. All trainings can be developed and customized to meet specific needs/audiences. Trainings typically are interactive and experiential.

- A. **Trauma & Trauma Informed Care Training Opportunities:** *(can be offered individually or as a series/package)*
- **What is Trauma Informed care-** Trauma Informed Care 101: a brief information session that introduces participants to trauma informed care (basic concepts and theory) (1-2 hrs.)
  - **Introduction to Trauma Informed Care** - Provides an overview of trauma, ACES (adverse childhood experiences, and trauma informed values and principles). Chronic stress and cultural competency. Allows ample time for questions and answers. (3-4 hrs.)
  - **Trauma and Its Impact: Ages and Stages** – Provides participants with ages/stages information about trauma and its impact children and youth’s development. Training has a special focus on the social and the neurobiological issues. Includes information about protective factors and best practices (including targeted interventions.) (3-4 hrs.)
  - **Building and Sustaining Trauma Informed Organizations** - This is both a training and consultation package. The training provides organizations with information about building and sustaining a trauma informed organization; and developing and implementing trauma informed policies, procedures and practices. Also, includes consultation on conducting a basic organizational assessment to assess needs, strengths and opportunities. *Ongoing consultation with the ‘change team’ charged with implementing and identifying trauma informed policies, procedures, and practices for your organization recommended. (contact for more information)*
  - **Helping the Healer** - can be done in as a one-time 4 hour training event or as a two 2 hour sessions. Includes small group discussions designed to help participants reflect on themselves, better understand vicarious trauma, burnout, and secondary trauma. In the training, participants are supported in developing their own personal support plans. Separate training/consultation is recommended for supervisors and administrators to support the development, enhancement, and maintenance of policies, produces, and practices that safe and organizational health (from a trauma informed lens) (price dependent on the customization)
  - **Youth Mental Health First Aid-** Youth Mental Health First AID (YMHFA) is an 8 hour training that teaches anyone who is concerned and cares for youth: family members, friends,

community members, neighbors, leaders, members of faith communities, school personnel, social service, and agency staff how to recognize and help a youth that may be developing or experiencing social, emotional, and/or behavioral challenges - including crises.

**B. Best Practices to Address Urban Youth Violence:** Keeping Urban Communities Healthy and Healed - best practice and collaborative planning/process. 8 hours of training. Trauma informed care training 101 and Youth Mental Health First Aid are recommended as essential supplemental trainings.

**C. Community Building/Leadership Development**

- Results based accountability, data driven decision making, and outcome-oriented service planning (training and consulting – contact for more information)
- Strategic planning - using goals and outcomes to drive your fundraising, grant writing and other development goals (training and consulting – contact for more information)

**D. Training on Collaboration and Collaborative Processes:**

- Collaboration cafes/engagement opportunities - but can provide trainings, retreats and facilitation designed to improve collaboration. (contact for more information/website/Eventbrite will have information about collaboration cafes)
- *Collaboration Isn't Consent:* Training on the mechanics of collaboration, the fundamentals of collaboration, the challenges with collaboration & how to establish policies, procedures and practices that build and establish trust. (12 hrs. of training can be offered two six-hour days and/or six 2 hour sessions Can also be offered as a web based training)

**E. Customized Training** for youth service providers and system stakeholders on understanding how to:

- Identify and develop the best and most effective practices to address the needs of youth (data driven service planning, including youth and caregiver voice, identifying a target (prevention, intervention, targeted treatment)
- Build protective factors and assets in youth – Positive Youth Development
- Engage in trauma informed skilled building (focusing on self-regulation, adaptive response skills)
- Scaffold supports that build youth leadership and increase youth engagement
- Best Practices for Youth involved with the Juvenile Justice and Child Welfare Systems

\*Can be offer as a web based training

**F. Retreats:** Team Building, Mission and Vision Planning, Self-Care

Rates: On average rate from \$40-80 per hour (Average rate \$60/hour). Daily rate \$300-\$700 per day. Rates are negotiable.