**CASA In-Service Training:**

***On Demand - NO COST Opportunities***

**Mental Health**

1. [Acceptance & Commitment (ACT) Skill Building for Adolescents](https://www.mcleanhospital.org/video/acceptance-commitment-skill-building-adolescents)
2. [Ask Me Anything About Student’s Mental Health](https://www.mcleanhospital.org/video/ask-me-anything-about-student-mental-health)
3. [Building Confidence in Kids & Teens](https://www.mcleanhospital.org/video/building-confidence-kids-teens)
4. [Conflict Management and Problem Solving](https://us06web.zoom.us/rec/share/biLrzAMQnbd3GX6kTeE5O9hjZadLPIdak5-74eF6sUUww7jJRFgiU_ihFnLqSWW3.HieNyMIllYzv22QW?startTime=1663088305000)
5. [Connection Between Parent & Child Mental Health](https://www.mcleanhospital.org/video/connections-between-parent-child-mental-health)
6. [Coping With the Uncontrollable](https://www.mcleanhospital.org/video/coping-uncontrollable)
7. [Early Attachment: Why Emotional Bonds Matter](https://clicks.eventbrite.com/f/a/Pt57tWd4n9sIkFj-Tdg4vA~~/AAQxAQA~/RgRknFCCP4RAAWh0dHBzOi8vd3d3LmV2ZW50YnJpdGUuY29tL2UvZWFybHktYXR0YWNobWVudC13aHktZW1vdGlvbmFsLWJvbmRzLW1hdHRlci1mcmVlLXdlYmluYXItdGlja2V0cy0zNzUyNTU4MDkyMjc_dXRtX3NvdXJjZT1ldmVudGJyaXRlJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NvbnRlbnQ9Zm9sbG93X25vdGlmaWNhdGlvbiZ1dG1fY2FtcGFpZ249Zm9sbG93aW5nX3B1Ymxpc2hlZF9ldmVudCZ1dG1fdGVybT1FYXJseStBdHRhY2htZW50JTNBK1doeStFbW90aW9uYWwrQm9uZHMrTWF0dGVyKyU1QkZyZWUrV2ViaW5hciU1RCZhZmY9ZWJlbW9mZm9sbG93cHVibGlzaGVtYWlsVwNzcGNCCmKzAh27YitXml5SHmxlc2EuY2hyaXN0aWFuc29uQGRpYS5pb3dhLmdvdlgEAAAAAA~~)
8. [Empowering Loved Ones](https://us06web.zoom.us/rec/share/Q-L3iDBdx6yUqy1bjr27aepHkH-tzAgkHzW_oTfxgu2lPWzdXG8STCOx98sVD2Re.wXs72SQB8IcTuS-c?startTime=1663261002000)
9. [Family Reactions to Mental Illness](https://us06web.zoom.us/rec/share/1eBKwYycwxG7gBncwmFbK0fbQnYOY5ae6DUpF4zB7_6kXw3DWWCFLpqVYpvN6PEu.v5c7nDYt3OtTMs02?startTime=1662656262000)
10. [Healthy Coping for Children and Adolescents](https://www.mcleanhospital.org/video/healthy-coping-children-and-adolescents)
11. [How We Can Support Child and Teen Mental Health](https://www.mcleanhospital.org/video/how-can-we-support-child-and-teen-mental-health)
12. [Identity and Its Relationship with Mental Health](https://www.mcleanhospital.org/video/identity-and-its-relationship-mental-well-being)
13. [I Don't Need Help: Supporting People Who Can't See Their Mental Illness](https://us06web.zoom.us/webinar/register/1316068330420/WN_YVDFO7_WRreFz7eWnmwxKg)
14. [Introduction to Children’s Mental Health](https://us06web.zoom.us/webinar/register/1316068330420/WN_0_jLi5kQRw2Uc3TD7dWMzg)
15. [Juvenile Mental Health Challenges and Covid-19-On Demand-](https://www.gotostage.com/channel/5466f47b41a74692b52cc6c717a1f6b5/recording/6021b4da2f2948df9771250e62c2de38/watch?source=CHANNEL)
16. [Latinx Teen Mental Health](https://home.mcleanhospital.org/e3t/Ctc/T8%2B113/czBDC04/VW9FqD5MgBzVVHz7bm8VRbG_W2nfwL34QJPgNN6YWdtL5Vfh3V3Zsc37CgY4sW6SH5xj2tFGRlV1xnLm16C682W4NJ2cG8y40mdW6f2jJJ4JxzqjW5C2RFz7m0p36W7RLzdj7v22fMN4VdVMy2llDYW7VLqRm75cyJ0W4VRdMp8BQBSsW4MGbSH1sLpGHW4Mdktb7g4Pm3W9dnjP24vhHtNW6cyxYW5MSX-pW5Qc3wH6jcLSVW1-SnB04wXbfQW4h6ZkJ659c_2W8h2fzN1sCzLWW83DqHY5xp_FGW3HVXVw5hF5bmW61hMn47_q2q6W460_td9g93npW2-L3rD5SwZX1N1VQNXQWdYghW4-D4F29bSYwkVfxkDj501_wbW57-zxr1_215VW6MMm3m3rRhwhW1lhX1S5kDZqqW4LR73h85yw-3N6v7dZ2GWj3NW8mDD6D7zxSsLW6NCQwr7DWqKBW2mYQDx6CM0PDW4BgztD1t1qnPW2t4JBc4SHRZ5W1dhHGH6rcv2xW8GNZ121pjP9ZW417qVp7P4F_yW4yNtjM23M8F1VgDsBl98zLgRW658r5Y7pkZh2N2rW8z1Y8F2QW1BqfP84DqpW3W5dTWnn36j0xDW66dPhl1nNjybW5QD7f71YrhnD35cN1)
17. [Mental Health Matters in Early Childhood](https://www.caltrin.org/training-archive/direct-service-delivery-skills/mental-health-matters-in-early-childhood/)
18. [Overcoming Perfectionism in Kids & Teens](https://www.mcleanhospital.org/video/overcoming-perfectionism-kids-teens)
19. [Project LAUNCH and Trauma Informed Care: How Professionals in Juvenile Justice can Support Children's Mental Health- On Demand](https://www.gotostage.com/channel/5466f47b41a74692b52cc6c717a1f6b5/recording/0476aae19d864d04973d7472b3a24781/watch?source=CHANNEL)
20. [Relieving Pain’s Impact on Mental Well-Being](https://www.mcleanhospital.org/video/relieving-pains-impact-mental-well-being)
21. [The Impact of Grief and Loss on Your Mental Health](https://www.mcleanhospital.org/video/impact-grief-and-loss-your-mental-health)
22. [The Psychological Origins of Stigma & Bias](https://us06web.zoom.us/webinar/register/1316068330420/WN_7aum1ScDTcqSFClPzKSA4w)
23. [The Silent Battle: Men, Body Image and Mental Health](https://www.mcleanhospital.org/video/silent-battle-men-body-image-and-mental-health)
24. [Why We Need to Talk About Men’s Mental Health](https://www.mcleanhospital.org/video/why-we-need-talk-about-mens-mental-health)
25. [Why Words Matter in Mental Health Care](https://www.mcleanhospital.org/video/why-words-matter-mental-health-care)

**Mental Health: Diagnoses**

1. [Decoding and Demystifying Dyslexia](https://www.mcleanhospital.org/video/decoding-and-demystifying-dyslexia)
2. [Understanding Bipolar Disorder](https://us06web.zoom.us/rec/share/HDeHjomY204dJz4m6Mg3K2YplDy7FNINOnRIvA9E3kfbHV9XRTRXhMUghiPSVV9O.oV4jQhO2q_UvOrBS?startTime=1661878658000)
3. [Understanding Hoarding](https://clicks.eventbrite.com/f/open-in-app/W4eNFRKrNvRscpaf79JbiQ~~/AAQxAQA~/RgRk07wHP4QTAWh0dHBzOi8vd3d3LmV2ZW50YnJpdGUuY29tL2UvdW5kZXJzdGFuZGluZy1ob2FyZGluZy1mcmVlLXdlYmluYXItdGlja2V0cy0zNTg2OTM3MzE2MDc_dXRtX3NvdXJjZT1ldmVudGJyaXRlJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NvbnRlbnQ9Zm9sbG93X25vdGlmaWNhdGlvbiZ1dG1fY2FtcGFpZ249Zm9sbG93aW5nX3B1Ymxpc2hlZF9ldmVudCZ1dG1fdGVybT1VbmRlcnN0YW5kaW5nK0hvYXJkaW5nKyU1QkZyZWUrV2ViaW5hciU1RCZhZmY9ZWJlbW9mZm9sbG93cHVibGlzaGVtYWlsVwNzcGNCCmLrh4jyYs4ROjBSHmxlc2EuY2hyaXN0aWFuc29uQGRpYS5pb3dhLmdvdlgEAAAAAA~~)
4. [Understanding Munchausen Syndrome](https://www.eventbrite.com/e/understanding-munchausen-syndrome-free-webinar-tickets-371246717927?utm_source=eventbrite&utm_medium=email&utm_content=follow_notification&utm_campaign=following_published_event&utm_term=Understanding+Munchausen+Syndrome+%5BFree+Webinar%5D&aff=ebemoffollowpublishemail)
5. [Understanding Oppositional Defiant Disorder](https://us06web.zoom.us/rec/share/O5xMmXCDuYAVH8W0jKeYqQEQ7vnb6UXHrvVmtmSP3MbOCn3u-TTaWpQgw-cczy47.OKMzlQ6DpWK2QNNS?startTime=1662569726000)
6. Understanding Personality Disorders
7. [Understanding PTSD](https://mindspringhealth.us8.list-manage.com/track/click?u=141329f861843621be82b9f32&id=0aaa259728&e=b34046b4a9)
8. [Understanding Schizoaffective Disorder](https://us06web.zoom.us/webinar/register/1316068330420/WN_-dcQLLrfRfadnPnQoXeifw)
9. [Understanding Schizophrenia](https://us06web.zoom.us/rec/share/ptZzGqZoFf9CTubrN5mpg29gviVe2xfK8JSJpvSwTsdptAyfDFZl_wLtjmdE6q4y.EQH-IfWYA6Ej-PL9?startTime=1663865896000)
10. [Understanding Seasonal Affective Disorder](https://www.eventbrite.com/e/understanding-seasonal-affective-disorder-free-webinar-tickets-391963271697?aff=erelexpmlt)
11. [Video Gaming Disorder: Signs, Symptoms & Help](https://event.on24.com/wcc/r/3909691/72B00015B17BAC541E418B2D929E4CC7)

**Mental Health: ADHD**

1. [Understanding ADHD in Kids and Teens](https://www.mcleanhospital.org/video/understanding-adhd-kids-teens?utm_campaign=COVID-19&utm_medium=email&_hsenc=p2ANqtz-9wKxoI3nEda58lGhGhSTmcGEamIVMP0NeA9TSdPi0jQi6zXWY3jGZd6csMozERS3x5Rk2tCOKp2BODbNp1k1mJxDt04Trm7yLn40dkLkINRQwmxXk&_hsmi=226003219&utm_content=226003219&utm_source=hs_email&hsCtaTracking=81044aea-59f0-4363-a513-98e9108d4ebe%7C9a2e4645-caf9-4150-8d5d-8aece84c1b39)
2. [What You Always Wanted to Know about ADHD](https://www.mcleanhospital.org/video/what-youve-always-wanted-know-about-adhd)

**Mental Health: Anxiety**

1. [Embracing Uncertainty How To Support Anxious Teens In Developing Resilience In Stressful Times](https://youtu.be/hBOTfu3Vnic)
2. [Helping Adolescents with Anxiety](https://www.mcleanhospital.org/video/helping-adolescents-anxiety)
3. [Turning the Page on Anxiety](https://www.mcleanhospital.org/video/turning-page-anxiety-jill-stoddard-phd)
4. [Understanding Anxiety](https://us06web.zoom.us/rec/share/_wuB9i5xNHNboHrBh_kZmpto_lwfyh_oROTwgC__VxWlKYiBZvQUG0-4VrfgzSw0.SYcp4YqRdve8JWIX?startTime=1664902390000)
5. [Your Most Popular Questions Anxiety In Kids & Teens](https://www.mcleanhospital.org/video/your-most-popular-questions-about-anxiety-kids-and-teens)

**Mental Health: Autism Spectrum**

1. [Autism 101 A Guide to the Spectrum of Disorders](https://www.mcleanhospital.org/video/autism-101-guide-spectrum-disorders)
2. [Helping Kids & Adolescents on the Autism Spectrum Thrive](https://www.mcleanhospital.org/video/helping-kids-adolescents-autism-spectrum-thrive)
3. [Navigating Autism Through Childhood Years](https://www.mcleanhospital.org/video/navigating-autism-through-childhood-years)

**Mental Health: Body Dysmorphic Disorder**

1. [Facing Insecurities with Body Dysmorphic Disorder](https://www.mcleanhospital.org/video/facing-insecurities-body-dysmorphic-disorder)
2. [Understanding Body Dysmorphic Disorder](https://us06web.zoom.us/webinar/register/1316068330420/WN_irzET9paSzuvNPLl5yjliw)

**Mental Health: Borderline Personality Disorder**

1. [An Open Discussion on Self-Injury in Individuals with Borderline Personality Disorder](https://www.mcleanhospital.org/video/open-discussion-self-injury-individuals-borderline-personality-disorder)
2. [Ask Me Anything About Emotional Regulation and Borderline Personality Disorder](https://www.mcleanhospital.org/video/ask-me-anything-about-emotional-regulation-and-bpd)
3. [Borderline Personality Disorder and Post-Traumatic Stress Disorder](https://www.mcleanhospital.org/video/borderline-personality-disorder-and-post-traumatic-stress-disorder)
4. [Borderline Personality Disorder in Adolescents](https://www.mcleanhospital.org/video/borderline-personality-disorder-adolescents)
5. [Common Questions about Borderline Personality Disorder](https://www.mcleanhospital.org/video/common-questions-about-borderline-personality-disorder)
6. [Eating Disorders, Overeating, and Borderline Personality Disorder](https://www.mcleanhospital.org/video/eating-disorders-overeating-and-borderline-personality-disorder)
7. [Expert Answers to Questions about Borderline Personality Disorder](https://www.mcleanhospital.org/video/expert-answers-questions-about-bpd)
8. [Medication Approaches for Borderline Personality Disorder](https://www.mcleanhospital.org/video/medication-approaches-borderline-personality-disorder)
9. [Understanding Borderline Personality Disorder](https://us06web.zoom.us/rec/share/4ItzJSPVfmb6EzHmKGqL0NGDpLo69EPEMf7YAEHiEZC5fIh0PteJMt-IXC6V6gEq.deRi1Z-g8T1YQOZc?startTime=1664384323000)

**Mental Health: Depression**

1. [Depression 101](https://www.mcleanhospital.org/video/depression-101)
2. [Depression and Suicide in Young People](https://us06web.zoom.us/rec/share/GaPO9x1A_dCGIUNZXFxZFWAq-n0yV4QlXVskx9DLc3AgBN7rGTwbdxeApKzeQT9k.OkpV-3Spu574BhQw?startTime=1661360126000)
3. [How to Support Someone with Depression](https://www.mcleanhospital.org/video/how-support-someone-depression)

**Mental Health: Dissociative Disorder**

1. [Reducing the Impact of Dissociative Identity Disorder](https://www.mcleanhospital.org/video/reducing-impact-dissociative-identity-disorder)
2. [Understanding Dissociative Disorder](https://us06web.zoom.us/rec/share/VKE48VXzXHBjCIL8MJxfC38uQi6NEfB7Z9pL9c_WcUtkwUg2Ju8dFDB8dId4D80c.imKcNeHrq7uMyDeO?startTime=1664470779000)

**Mental Health: Eating Disorders**

1. [Understanding Avoidant/Restrictive Food Intake Disorder](https://us06web.zoom.us/webinar/register/1316068330420/WN_LibG1rwTRh6c83Bckqjabg)
2. [Understanding Eating Disorders](https://us06web.zoom.us/webinar/register/1316068330420/WN_Tfc2Hv8YRrWFoDoLt0b-lw)
3. [Understanding the Mind-Body Connection of Eating Disorders](https://www.mcleanhospital.org/video/understanding-mind-body-connection-eating-disorders)

**Mental Health: Narcissistic Personality Disorder**

1. [Narcissistic Personality Disorder](https://www.mcleanhospital.org/video/narcissistic-personality-disorder)
2. [Understanding Narcissistic Personality Disorder](https://us06web.zoom.us/rec/share/58YvXjy98yGER80gxXbiLkl4qQ2V65x5v3--Z9FYC7zszjBkBoS5DYsY7rN0DV4.whHEiuDL0NWNkB3b?startTime=1664297813000)

**Mental Health: Obsessive Compulsive Disorder**

1. [Regaining Control over Obsessive Compulsive Disorder](https://www.mcleanhospital.org/video/regaining-control-over-ocd)
2. [Why Can’t I Just Stop? Understanding Obsessive Compulsive Disorder in Children and Adolescents.](https://us06web.zoom.us/rec/share/fxAxPzcmIWtYpruLWH75dRBtCYUNXHXNchBtYgPPs79HxZO2sHvXF3M9WXOe8MaU.fBqvqRU9QDkrwh3m?startTime=1662483555000)

**Mental Health: Self Harm and Suicide**

1. [Addressing and Preventing Self-Harm in Kids & Teens](https://www.mcleanhospital.org/video/addressing-and-preventing-self-harm-kids-teens)
2. [Self-Harm in Kids and Teens](https://home.mcleanhospital.org/e3t/Ctc/T8%2B113/czBDC04/VVMXzx3bY8d-W2GmbDx5DD_ZWW1zSvF_4Qw8YhN3V8lb95Vfh3V3Zsc37CgGQYW6TqPlG8rXB7NW5k1FBP5zhlcdW1jStL85Qxc4BVH-4WF7P81wQW4n0WW48ZHcyBW4BfdGk5F5XQMW4rd6Pr3JDQWKW4RKXhm308wqdW84_l521Tz7pCW3Ycfc889q93xW1w6KVZ6KWCTrW1R30xy6lmPYJW26YD2Q3NNpqJW2RJbpT9d0PX1W8gK7zm3-QnWmVfG-VG3bDsT1W5Gyg3Z21dnN8W1gGQDr1d3hRTW5h6NB559rvbrW3Rsd5t2GpvxnN2F7YmM5wsgFVQ_V9d59trq5VYm_PN8ZWQlnVb2cd53bhbgDW4ftQt25klVtbW6GBqWx6PZRcJW9fmW883Pj7ltN1kKw5x2bj9lW4szRT446D-6sW6hRrBm2pHjgbW2X70h83MwjzBW4GsgMZ4S7WPLW62qmZ97zDJj8W6YWYT74yN9MbW7y3gwv6lH8gnW6xkjG41Kd2BfW33SSmS1bhvg4W2m08291-FYBXW8DGZRf7vXDW4VTWB8J11C9kqW1TLdkg1LpFtqW6P8nbB12nm8tW3kr3M02RknB0W5CV8mZ4S_8vtW95JtyK6ngyb-W1SJVHh195QgM3jgy1)
3. [Understanding Cutting, Burning, and Self-Injury](https://us06web.zoom.us/webinar/register/1316068330420/WN_GsKgfR1rSQWofe-Mv96W7Q)
4. [Understanding Suicide](https://us06web.zoom.us/rec/share/ptZzGqZoFf9CTubrN5mpg29gviVe2xfK8JSJpvSwTsdptAyfDFZl_wLtjmdE6q4y.EQH-IfWYA6Ej-PL9?startTime=1663865896000)

**Mental Health: Social Media & Screen Time**

1. [Effects of Technology on the Growing Brain](https://register.gotowebinar.com/recording/viewRecording/2137894133032452880/3188081669818878209/lesa.christianson%40dia.iowa.gov?registrantKey=3740519192235775248&type=ATTENDEEEMAILRECORDINGLINK)
2. [Helping Youth Navigate Dangers in the Digital Age](https://youtu.be/hCIZbB2WkWk)
3. [How Much Screen Time is Too Much for Kids?](https://www.mcleanhospital.org/video/how-much-screen-time-too-much-kids)
4. [Social Media & the Mind](https://www.mcleanhospital.org/video/social-media-mind)
5. [The Link Between Social Media and Mental Health](https://www.mcleanhospital.org/video/link-between-social-media-mental-health)

**Diversity Equity and Inclusion (DEI): General**

1. [Addressing Racial Inequities in Child Welfare](https://vimeo.com/701311608)
2. [Addressing the Mental Health Needs of Latinx Teens](https://www.mcleanhospital.org/video/addressing-mental-health-needs-latinx-teens)
3. [An Overview of the Final Special Immigrant Juvenile Status Regulations](https://www.ilrc.org/overview-final-special-immigrant-juvenile-status-regulations)
4. [Childhood Exposure to Trauma Tribal Communities](https://youtu.be/MXRsxM9hHDc)
5. [Cultural Humility Part One: Supporting Immigrant Families, A Culturally Humble Approach](https://institutefsp.org/modules/cultural-humility-part-one-supporting-immigrant-families-a-culturally-humble-approach)
6. [Cultural Humility: Working In & With Tribal Communities](https://youtu.be/WTUe0yyXzJY)
7. [Effectively Engaging Fathers of Color](https://youtu.be/ZgNlPya60_Q)
8. [History of Child Welfare and the Trauma of Family Separation](https://youtu.be/pEP_7QLl5d0)
9. [In commemoration of Juneteenth](https://psychiatry.weill.cornell.edu/news/webinar-commemoration-juneteenth)
10. [Leaning In: From Racism to Racial Equity](https://institutefsp.org/modules/leaning-in-from-racism-to-racial-equity)
11. [On Demand- Immigration Red Flags and Remedies for Non-Citizen Youth](https://www.gotostage.com/channel/5466f47b41a74692b52cc6c717a1f6b5/recording/b3f9ab34fe214b6e8c0c1c5d68c6bad7/watch?source=CHANNEL)
12. [Putting Intersectionality Into Practice (Child Welfare)](https://hrc.wufoo.com/forms/?formname=poo09k4124r6un&field20=Putting%20Intersectionality%20in%20Practice)
13. [Speaking of Change: How Kinship Care Advance Racial Equity in Child Welfare (State of Washington)](https://youtu.be/1AnXrTle30Q)
14. [The Family as a Cultural Asset for Latinx Youth Development](https://www.caltrin.org/training-archive/direct-service-delivery-skills/the-family-as-a-cultural-asset-for-latinx-youth-development/)
15. [Understand the Past to Build a New Future: Advancing Racial Equity Children, Youth and Families](https://youtu.be/l6SLkLH6iAw)
16. [Working Effectively with Culturally Diverse Families of Children with Behavioral Health Challenges](https://youtu.be/8hGjeTeYU0Q)

**DEI: LGBTQ+**

1. [Foundations of Gender-inclusive Work: Dimensions of Gender](https://youtu.be/srmooWmlL6E)
2. [Gender Inclusive Practices in Action: Foundations In Gender Inclusive Work Part 2](https://youtu.be/oVy15Q8dnjs)
3. [Gender Norms & Advocacy: Beyond LGBTQ+](https://youtu.be/ZKOlacmT1GE)
4. [LGBTQ Youth Homelessness 101](https://hrc-org.zoom.us/webinar/register/rec/WN_z3XHlVhSSEy4FksOlZrfwg?meetingId=2Px-KOnc63JIZtbWyXjad4UbBoP_X6a823IYq_sJyhqFkJbod9noxIjYIKDVYqPi&playId=&action=play&_x_zm_rtaid=w_0W_3RXQu6SD6f4qGCoOQ.1595511452043.3c5e13b7f432662556c258388ffb1db0&_x_zm_rhtaid=806)
5. [Neither//Nor: Stores of Life Beyond Binary Gender](https://hrc.wufoo.com/forms/?formname=poo09k4124r6un&field20=Neither%2F%2FNor%3A%20Stories%20of%20Life%20Beyond%20Binary%20Gender)
6. [On-Demand Representing LGBTQ Youth in Juvenile Court](https://www.gotostage.com/channel/5466f47b41a74692b52cc6c717a1f6b5/recording/5e054ef0b27540b087069e1abc7a9624/watch?source=CHANNEL)
7. [Supporting Bisexual & Pansexual Youth](https://tinyurl.com/y5xgjxds)
8. [Supporting Trans and Gender-Expansive Youth](https://tinyurl.com/yyju7ath)
9. [Traditoinally Religious And LGBTQ Affirming: How Social Workers can Help Families be Both](https://hrc.wufoo.com/forms/?formname=poo09k4124r6un&field20=Traditionally%20Religious%20AND%20LGBTQ-Affirming%3A%20How%20Social%20Workers%20Can%20Help%20Families%20Be%20Both)
10. [When Someone Comes Out: A Guide for Youth-Serving Professionals, Parents, & Caregivers](https://hrc-org.zoom.us/webinar/register/rec/WN_xnPwty7fTtWTQL0_GdvwjQ?meetingId=AUPjreKuYNGD9nZNO1ghmI8d22Vh54g6GKAHT3uV79K4t04P6IfQcZ5Q8HyKQYwH.DR18zld1M-u5Mk28&playId=&action=play&_x_zm_rtaid=k2zvZwbzSoGV6lIlJBHmqw.1662646866638.fc2391c0f847eda24627aaf8281bdeb2&_x_zm_rhtaid=569)

## [Youth Beyond the Binary: A Conversation on Non-Binary Identities](https://hrc-org.zoom.us/webinar/register/rec/WN_YMvMnlfdSxmZjsL9BjpZuQ?meetingId=GFzhKuJJEImqw6W5KAetygtinUAL-ROeQAJ5yfKpTH0xtmpz-zskb9fW88hVxTp6.JWPZYZXykQmLhb6e&playId=GvsMsIkfp9haduxGQ3SHRoeCOF9kKYfrQjgulTgJ1rq-rdjM0CcIfLFaDBgu6A-HarI2_-WdvOwjMwTe.KkBJVY8iTaEHqkhR&action=play&_x_zm_rtaid=4s0aj3_JR8-EgPxQcWXZ3w.1662647600001.80f405fdeee4fb48351c2ceb3f830f73&_x_zm_rhtaid=982)

1. [Working With Latinx LGBTQ Youth](https://hrc-org.zoom.us/webinar/register/rec/WN_Hf6WzVHjQy6Tbn3sS3w4BA?meetingId=E1sKRcc2vKa9xKeweC3W2PAnVV7yyvtJ0OBReLbZgEgDRyzv-gPdrI56FFIcW8np.OYBxBDdqY4xXC_KL&playId=&action=play&_x_zm_rtaid=k2zvZwbzSoGV6lIlJBHmqw.1662646866638.fc2391c0f847eda24627aaf8281bdeb2&_x_zm_rhtaid=569)

**DEI: Poverty**

1. [Creating a Community-wide, Poverty-informed Approach to Breaking Barriers](https://www.caltrin.org/training-archive/direct-service-delivery-skills/creating-a-community-wide-poverty-informed-approach-to-breaking-barriers/)
2. [Socioeconomic Issues with Dr. Mical Raz](https://youtu.be/XUFlq9QXfXY)

**Bullying**

1. [Addressing Bullying in Kids & Teens](https://www.mcleanhospital.org/video/addressing-bullying-kids-teens)
2. [Introduction to Youth Hate Crimes and Hate Groups](https://youtu.be/ZaW1WfP-2f8)
3. [Preventing Youth Hate Crimes & Identity Based Bullying: Overview of Criminal Extremist Hate Groups](https://youtu.be/JJFpKADIRbE)
4. [Supporting Vulnerable Youth: Preventing and Combating Bias Based Bullying and Hate Crimes](https://youtu.be/kGSS_3egYiM)

**Self-Care**

1. [Apply ACT (Acceptance and commitment therapy) to your Daily Life](https://www.mcleanhospital.org/video/apply-act-principles-your-daily-life)
2. [At the Intersection of Spirituality and Mental Health](https://www.mcleanhospital.org/video/intersection-spirituality-and-mental-health)
3. [Creating Health Routines for You and Your Family](https://www.mcleanhospital.org/video/creating-healthy-routines-you-and-your-family)
4. [Find Your Way Back from Burnout](https://www.mcleanhospital.org/video/find-your-way-back-burnout)
5. [Good Nights, Better Days- Sleep’s Relationship to Mental Health](https://www.mcleanhospital.org/video/good-nights-better-days-sleeps-relationship-mental-health)
6. [How to Break Free From Our Expectations](https://www.mcleanhospital.org/video/how-break-free-our-expectations)
7. [How to Stop Questioning Your Self-Worth and Doubting Your Successes](https://www.mcleanhospital.org/video/how-stop-questioning-your-self-worth-and-doubting-your-successes)
8. [Love Your Life Through the Science of Happiness](https://www.mcleanhospital.org/video/love-your-life-through-science-happiness)
9. [Maintaining a Mentally Healthy Relationship](https://www.mcleanhospital.org/video/maintaining-mentally-healthy-relationship)
10. [Managing Anxiety and Stress in the Workplace and at Home](https://www.mcleanhospital.org/video/managing-anxiety-and-stress-workplace-and-home)
11. [Mental Benefits of a Self-Care Regimen](https://www.mcleanhospital.org/video/mental-benefits-self-care-regimen)
12. [Mental Perks of Setting Goals and Maintaining Motivation](https://www.mcleanhospital.org/video/mental-perks-setting-goals-and-maintaining-motivation)
13. [Simple Ways to Improve Sleep Hygiene](https://www.mcleanhospital.org/video/simple-ways-improve-sleep-hygiene)
14. [Strategies to Handle Day to Day Stress at Work and at Home](https://www.mcleanhospital.org/video/strategies-handle-day-day-stress-work-and-home)
15. [Stress: Signs, Symptoms, Management & Prevention](https://us06web.zoom.us/rec/share/3RUJ7QQmOdNEt1pSyEM7NBqyedRYvsmGyikgvidNE1ns9fAlumxYdXxYSrun2EWg.gmL5ZTT5_WoQVpQy?startTime=1659459446000)
16. [Supporting a Healthy Mind Through Diet and Exercise](https://www.mcleanhospital.org/video/supporting-healthy-mind-through-diet-exercise)
17. [Taking Care of Yourself & Others](https://www.mcleanhospital.org/video/taking-care-yourself-others)
18. [Tap Into the Power of Self-Compassion](https://www.mcleanhospital.org/video/tap-power-self-compassion)
19. [The Golden Years and Mental Health](https://www.mcleanhospital.org/video/golden-years-mental-health)
20. [The Intersection of Mental Health and the Arts](https://www.mcleanhospital.org/video/intersection-mental-health-arts)
21. [The Perks of Powering Down](https://www.mcleanhospital.org/video/perks-powering-down)
22. [The Role of Self-Acceptance for Good Mental Health](https://www.mcleanhospital.org/video/role-self-acceptance-good-mental-health)
23. [Tips for Overcoming Self-Loathing](https://www.mcleanhospital.org/video/tips-overcoming-self-loathing)
24. [Trauma, Compassion Fatigue and Secondary Traumatic Stress](https://youtu.be/5B7mOoMso8Q)
25. [Understanding the Link Between Physical and Mental Health](https://www.mcleanhospital.org/video/understanding-link-between-physical-and-mental-health)
26. [Your Everyday Guide to Stress Management](https://www.mcleanhospital.org/video/your-everyday-guide-stress-management)

**Trauma**

1. [ACEs 101: Impact and Our Opportunity](https://institutefsp.org/modules/aces-101-impact-and-our-opportunity)
2. [Historical Trauma](https://institutefsp.org/modules/historical-trauma)
3. [Leaning In: Trauma and Resiliency](https://institutefsp.org/modules/leaning-in-trauma-and-resilience)
4. [Moving Beyond trauma-informed to trauma responsive support for families](https://youtu.be/ZtMeMlyAzUk)
5. [Overview of ACEs in Iowa](https://iowaaces360.thinkific.com/courses/healing-iowa-overview-of-aces-in-iowa-and-how-to-respond)
6. [Recognizing Trauma in Adults and Young People](https://www.mcleanhospital.org/video/recognizing-trauma-adults-and-young-people)
7. [The Truth about Trauma](https://www.mcleanhospital.org/video/truth-about-trauma)
8. [Trauma & ACES for CASAs with Dr. Rob Anda](https://youtu.be/JccmkcDxPVA)
9. [Trauma in the United States and World](https://www.mcleanhospital.org/video/trauma-united-states-and-around-world)
10. [Understanding Childhood Trauma And How To Help Youth Recover](https://youtu.be/-LPSGhvX828)

**Non-Specified**

1. [A Pivot to Healing Centered Leadership: Reimagining Justice, Reimagining Ourselves](https://youtu.be/BE4kXXwVbv4)
2. [Assessment to Action: Building on Strengths, Finding Solutions](https://institutefsp.org/modules/assessment-to-action-building-on-strengths-finding-solutions)
3. [Building Trust with Kids & Adolescents](https://czbdc04.na1.hubspotlinks.com/Ctc/T8%2B113/czBDC04/VWTwCz1WBKmCW6vszpy9bGyBSW35KrPN4PDGvVMhPPT15VlWtV3Zsc37CgNbBW5SY8_d2g9RTKW77L33f7zK1z_W2HwsH318NcLnW5b1kSJ3dhvkdW8GskXz7lt1G8N84m1V9tFXFGW8sNL7P89kFtpW8D53st70LvcGW15024t3hxGLnMS07cJTTShbW1cvhMx1R6RyXW6xwyt14wgjb5W7K22jJ4vn6FHW3722Q88mfjG4W6JNLc21RRtb3W8_SB-b7T88LmW7WS1Q38WxprtW6D809178rQDwN1K1zG2DncVfW5BTgpP12q0hMW8jwKRJ5g42ZsN3_hl0rVDTYfW1c-yCZ8gX07GW4BCXsq6s8mXdW8csKTQ5rSBZPW5D84MW5G92dXW97x7gf9cqqsCVLwpy64w1NjyW8VJDZN4k0yLKW7Z4byL6mB_Y_MJztrM43T7hVkZhwj5BBG8XW2QZPLb7_0qN5W101W1v7Nkv21V49xbj8v9BNmW7xx4K766zmgKW3JDLny65LP17W4xzL736LZxhyW2PmctY1P9C_pW4p2Xwc831jKgW91vh0x1MXb5VW1z5xb56n9gShN2H776M2hZZ_W3V6Pxz2bGbJTW8GDyvY3fvxtQW3NbgVv3v25JM2bD1)
4. [Calming the Storm: Foundational Skills in Verbal De-escalation](https://www.caltrin.org/training-archive/direct-service-delivery-skills/calming-the-storm-foundational-skills-in-verbal-de-escalation/)
5. [Child Development: 0-3](https://institutefsp.org/modules/child-development-0-3)
6. [Child Development: Child Development 3 to 5](https://institutefsp.org/modules/child-development-child-development-3-to-5)
7. [Child Development: Secrets of Baby Behavior](https://institutefsp.org/modules/child-development-secrets-of-baby-behavior)
8. [Children with Problematic Sexual Behaviors](https://www.caltrin.org/training-archive/trauma-informed-systems/children-with-problematic-sexual-behavior/)
9. [Disability Advocacy](https://youtu.be/l_5ToRpsntg)
10. [Domestic Violence and the Impact on Children](https://youtu.be/qW_CCsdCuBA)
11. [Engaging with Closed off Kids & Teens](https://www.mcleanhospital.org/video/engaging-closed-kids-teens)
12. [Fetal Alcohol Spectrum Disorder](https://www.childwelfare.gov/more-tools-resources/mm/webinars/fetal/)
13. [From Conversations to Relationships: Engaging Teens in Permanency Planning](https://www.childwelfare.gov/more-tools-resources/mm/webinars/engageteens/)
14. [Invited But Unwelcome: The Urgent Need to Implement Authentic Family Engagement and Participatory Practices](https://youtu.be/jhruiuZM7ig)
15. [Personal Safety for Home Visitors](https://institutefsp.org/modules/personal-safety-for-home-visitors)
16. [Rethinking Foster Care with Dr. Jerry Milner](https://youtu.be/3AB7hWAiB9o)
17. [Risk and Safety Assessment 101](https://www.childwelfare.gov/more-tools-resources/mm/webinars/assessment/)
18. [Sex, Drugs and Netflix](https://youtu.be/nc5jfvosCLE)
19. [Social and Emotional Development of Young Children](https://institutefsp.org/modules/social-and-emotional-development-of-young-children)
20. [Special Education Hacks: Making IEPs Work for Students in Foster Care](https://www.childwelfare.gov/more-tools-resources/mm/webinars/education/)
21. [Steps Toward Change: Replacing Trauma Bond with Healing Relationships](https://www.childwelfare.gov/more-tools-resources/mm/webinars/towardchange/)
22. [The Effects of Prenatal Methamphetamine Exposure](http://welcomebaby.labestbabies.org/webinar-the-effects-of-prenatal-methamphetamine-exposure/)
23. [Working with Incarcerated Parents](https://texascasa.org/resources/working-with-incarcerated-parents/)
24. [Your Teen’s Brain And The Link To Risky Behavior](https://youtu.be/YeQ6Z8vaShs)

**Strengthening Families** [**Framework**](https://drive.google.com/file/d/1eTEzh-qLDZl3E-55B3iOurW6P-tD9QeC/view?usp=sharing) **from the** [**Center for the Study of Social Policy**](https://cssp.org/our-work/project/strengthening-families/)

1. [Overview of the Protective Factors](https://youtu.be/PDxIYhNDQcI) with [Participant Guide](https://www.caltrin.org/wp-content/uploads/2022/07/07-Intro-Webinar-Participant-Guide-1.pdf)
2. [Protective Factor: Parental Resilience](https://youtu.be/zIDjrT36dgs) with [Participant Guide](https://www.caltrin.org/wp-content/uploads/2022/08/08-Aug-Parental-Resilience-Participant-Guide-Fillable-3.pdf)
3. [Protective Factor: Knowledge of Parenting & Child Development](https://youtu.be/Pzc5juD3tbs) with [Participant Guide](https://www.caltrin.org/wp-content/uploads/2022/09/Participant-Guide-FINAL.pdf)
4. Protective Factor: Concrete Support - *Available by Oct 31*
5. Protective Factor: Social & Emotional Competence of Children- *Available by Nov 30*
6. Protective Factor: Social Connection-*Available by Dec 31*