

## **FOTM WORKFORCE DEVELOPMENT TRAINING INSTITUTE**

Families On The Move of New York City, Inc. (FOTM) offers workforce development trainings in the areas of advocacy, family and youth engagement, strengthening families, and preventive services. Family-driven, youth-guided and person-centered, the trainings are designed to:

- 1) enhance advocacy skills,
- 2) build better partnerships and collaborative relationships between caregivers, family members, youth and providers,
- 3) strengthen the skills of parents/caregivers of children who have emotional, mental wellness health and or behavioral challenges,
- 4) substance use prevention, and
- 5) educate the public about health and mental wellness.

### **Prevention**



#### **Peer Recovery Coach Academy**

The CCAR Recovery Coach Academy© is a five day intensive training academy focusing on providing individuals with the skills need to guide, mentor and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs. Provided in a retreat like environment, the CCAR Recovery Coach Academy© prepares participants by helping them to actively listen, ask questions, discover and manage their own “stuff”.

Recognized nationally as the original and leading recovery offering of its kind, CCAR’s Recovery Coach Academy© is an innovative new approach to healing people’s lives that is unlike any other training. It offers participants the once-in-a-lifetime experience to gain new knowledge, be challenged, and reap valuable rewards, providing the essential learning, tools, and resources needed to become an effective recovery coach.



#### **Youth Mental Health First Aid**

Youth Mental Health First Aid is an evidence based practice designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental wellness or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a five-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.



Families On The Move of New York City, Inc. (FOTM)  
Yesterday, Today, Tomorrow...Families On The Move.

## NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

STATE ASSOCIATIONS OF ADDICTION SERVICES

*Stronger Together.*

### **Mental Health First Aid**

Mental Health First Aid is a training program that teaches members of the public how to help a person developing a mental health problem (including a substance use problem), experiencing a worsening of an existing mental health problem or in a mental health crisis. Like traditional first aid, Mental Health First Aid does not teach people to treat or diagnose mental health or substance use conditions. Instead, the training teaches people how to offer initial support until appropriate professional help is received or until the crisis resolves. While first aid for physical health crises is a familiar notion in developed countries, conventional first aid training has not generally incorporated mental health problems.

### **Medication Assisted Treatment Training (MAT)**

MAT is a training that teaches participants how Medication Assisted Treatment (MAT) is used, in the journey of recovery. The benefits achieved in the recovery process of many substance disorders when used appropriately is discussed and the role of the Recovery Coach in relation to MAT and the recoveree/coachee is explained.

### **Motivational Interviewing (MI)**

Motivational Interviewing is a training in which participants learn about the principles, and person-centered philosophy of MI and its components, and begin to develop new skills, strategies and techniques for engagements.

### **SBIRT Screening, Brief Intervention & Referral to Treatment**

SBIRT is a training program where participants learn to raise the question about alcohol and drug use, screen for unhealthy alcohol and drug use using brief validated tools. Participants develop skills in compassionate, non-judgmental listening and the ability to guide family members to make the connection between alcohol and drug use and their health, injury, illness or social and/or employment issues.



### **Trauma Informed Practice 2.0**

This 3-hour course highlights the high prevalence of traumatic experiences in persons who receive mental health services, as well as the profound neurological, biological, psychological and social effects of trauma and violence on the individual. Participants will gain an understanding of the impact of trauma and why it must be addressed in the delivery of mental health services.

### **Recovery/Resiliency 101**

This 3-hour course to bring attention to the focus of recovery/resiliency in every aspect of our work. Helps to examine how our own attitudes and beliefs about recover/resiliency can affect our work with the individuals in our care. Participants will gain an understanding on how to deliver services that are based on the current research and evidence.

## **Family Support**

### **Strengthening Multi-Ethnic Families and Communities Parenting Program**

Strengthening Multi-Ethnic Families and Communities is a parenting program with a focus on mental health and substance use prevention that addresses violence while integrating culture and disciplinary strategies. Classes are offered in English.

### **Managing Anger**

The managing anger program works to assist those challenged with controlling their emotions to identify triggers, develop coping strategies, and to resolve conflicts in a manner that is not harmful to self or others.



## [Workforce Development](#)

### **FOTM Just the Basics Systems Navigation & Advocacy Training**

Developed by family advocates, FOTM Just The Basic is a training for current and future youth and family advocates. The role and responsibilities of advocates are defined, and information on navigating the Health, and Behavioral Health Systems, with examples, and resources are provided.

### **FOTM Just the Basics Youth Advocacy 101**

Developed by Youth Advocates, FOTM Just The Basic Youth Advocacy 101 provides youth peers with information on the roles and responsibilities of being a youth advocate, how to develop and facilitate groups educational workshops, Health and Behavioral Health Systems navigation.

### **Getting A Job 101**

An interactive workshop that assists in preparing participants with job readiness skills, such as resume development, employment search, interviewing tips and professionalism. Workshop participants will be provided with tips on how to be a great hire candidate and have the opportunity to share prior work experiences with each other. The workshop will conclude with participants engaging in role plays of mock interviews.

### **Creating A Welcoming Experience**

Creating a Welcoming Experience for Families and Youths is a training for staff of residential and inpatient settings that fosters a team approach to working with families and youth while in care and throughout the transition process back into the community.

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