

Advanced Harm Reduction Online Training Series

In these four 1.5 hrs. live online trainings facilitators will be guiding thoughtful and relevant conversations and exercises in order to further strengthen professional Harm Reduction skills.

Tues., May 5th, 10:00 a.m.-11:30 a.m.

Part 1: Harm Reduction for Helping Professionals

Helping professionals are exposed daily to structural violence and experiences of vicarious trauma, which if not identified and addressed proactively by individuals and organizations can lead to workforce burnout and compassion fatigue. In this webinar we will:

- Explore positive and negative impact of stress on ourselves
- Share stress reduction techniques to try on and off shift
- Reflect on how we can engage in sustaining community to care for each other
- Discuss how community care supports our work in HR or other social justice fields

Tues., May 12th, 10:00 a.m.-11:30 a.m. Part 2: COVID19, Trauma and Harm Reduction

We will explore how helping professionals can use trauma informed care and harm reduction tools and skills to best support our clients, co-workers and self during this challenging pandemic. In this webinar we will:

- Collectively define trauma and discuss how we see it manifest in our work
- Apply the principles of Harm Reduction to trauma-informed practice
- Explore non-clinical trauma-informed engagement with people
- Understand self, power and positionality in relationship to person who has experienced trauma
- Discuss how to apply theory to practice in (at least) three concrete, actionable ways

Tues., May 19th, 10:00 a.m. - 11:30 a.m. Part 3 Harm Reduction in the Emerald Triangle

This training will integrate the core concepts of harm reduction principles and services into exploring how marijuana legalization has impacted trends in our region, shaped behaviors and how to engage in conversation with youth about their perceptions about alcohol and other drugs. In this webinar we will:

- Discuss how to tailor HR to working with youth in the Emerald Triangle
- Examine how the gradual transition from unregulated to regulated cannabis market may cause some serious misconceptions and misunderstandings in youth in this region

Tuesday, May 26th, 10:00 a.m. - 11:30 a.m.

Part 4: Social Distancing and Youth Substance Use: A Harm Reduction Approach

Since COVID 19 our normal routines and our ability to socialize looks very different as we comply with public health measures. This can be particularly challenging for young people in communities where isolation is already an issue to contend with. Drugs may be what they turn to

find connection, have fun and navigate trauma responses coming up for them during this crisis. In this webinar we will:

- Explore the emotional, psychological and physical impact of distancing
- Discuss how the disruption of young people's routines can impact their substance use
- Identify harm reduction responses to supporting young people who use drugs during this pandemic

Online Trainings happening on Zoom meeting platform. Register separately for each training. It is important to register for each workshop for that is how one will receive relevant information. To register please go to: <https://www.eventbrite.com/o/mcyp-17820922301>

For questions contact Aurelie Clivaz aclivaz@mcyp.org (707)489-1258

Helpful tips for Zoom webinars:

Before the Session:

- Zoom can be downloaded onto smart phones, but typically better on laptops.
- Give yourself time to download Zoom prior to start time
- Check your connection (Ethernet is strongest if possible) before we begin (typically mobile hotspots and public access Wi-Fi don't have enough bandwidth for Zoom sessions)
- Make sure your video camera is operational
- Have phone number to call in as back up if you are having a hard time logging in
- Zoom login information and HR PowerPoint will be sent to all registered participants in an email a few days before

During the Session:

- Use your mic mute button when you are not speaking during the session
- There is a chat box feature and a place to raise your hand

A friendly reminder that the Mendocino County Youth Project is able to provide evidence-based trainings through partnership with Mendocino County Health and Human Services/ Family and Children's Services, Title IV-E funding. This workshop is FREE only for Mendocino County for foster parents and helping professionals that work with youth in or at high risk of entering the foster system.

