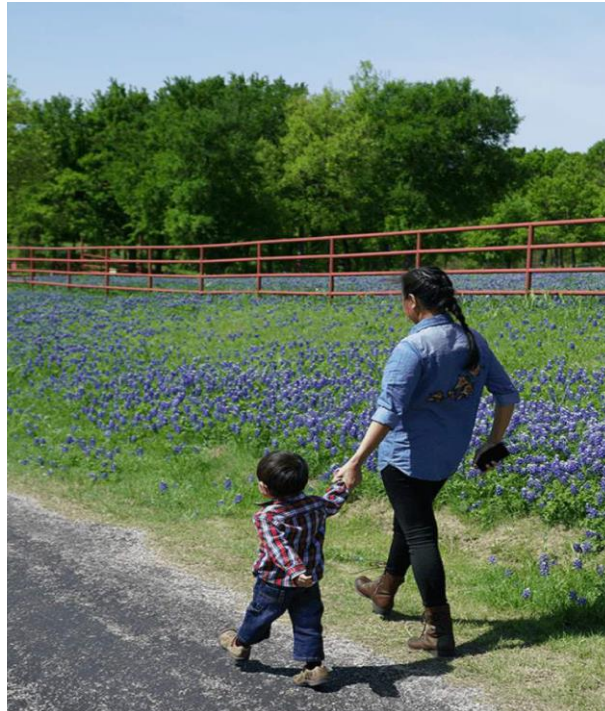


Collaborative Approaches to
Well-being in Rural Communities
Technical Assistance and Training Catalog 2019



A program of



Hogg Foundation
for Mental Health

In partnership with



ALLIANCE for GREATER WORKS™

EQUITY FOR A STRONGER TEXAS.

Letter from WRC Coordinator

As the WRC Coordinator, Alliance for Greater Works is dedicated to providing technical assistance and training that is relevant, comprehensive and timely. Our goal is to ensure that each lead organization, and the broader collaboratives, are built with effective leadership, collaborative structures and processes, and engagement of historically excluded populations. **We are committed to your success.** With this catalog, you can:



- Successfully plan technical assistance and trainings.
- Take advantage of flexible technical assistance and training options including live, virtual, and on-demand options.
- Keep up to date on the latest in cross-sector dialogue and peer learning to tackle complex issues.
- Ensure you have the capacity to bring people together in a structured way to create a shared vision for social change.

Technical Assistance and Training Options

- **Live** – Comprehensive facilitator-led technical assistance and training.
- **Webinars** – Virtual training and technical assistance held at a set time.
- **On-Demand** – Self-paced online training designed to maximize your convenience.

Technical Assistance and Training Management System

Beginning November 1, use our Technical Assistance and Training Management System (TMS) ([hyperlink www.alliancetxt.org/tms](http://www.alliancetxt.org/tms)) to search for topics, schedule trainings, and launch on-demand content all in one place.

If you have any questions about our offerings, please contact your Program Manager or contact us at wrchelp@alliancetxt.org or (817) 835-0271.

Sincerely,



Sherrye Willis
Alliance for Greater Works, President and CEO

About Alliance for Greater Works



By working collaboratively with partner organizations, government institutions and community leaders, Alliance for Greater Works tackles the root causes of economic and health disparities such as access to food, jobs, housing, healthcare and education.

VISION

We envision a world where everyone is empowered to be all that they were created to be, regardless of the community in which they happen to live.

MISSION

Alliance for Greater Works is committed to dismantling the systems and practices that perpetuate inequity for people living in marginalized communities.

The Alliance works with communities to address the real, often hidden, issues at play that create inequalities such as lack of food, jobs, housing, healthcare and education. We do that by organizing the right people and resources to come up with solutions that improve the lives of individuals in marginalized communities.

Learn more at allianceforgreaterworks.org.

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Addiction

Addressing Problem Gambling – The US Supreme Court has declared the federal ban on sports betting to be unconstitutional. By repealing the Professional and Amateur Sports Protection Act (PASPA), the Supreme Court opens the door for any state to legalize sports betting. Learn how to address gambling at the community level.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

From Theory to Practice to Action: Developing a Community-Trauma Informed Approach to Addressing the Opioid Epidemic - This webinar and/or workshop explores how a community trauma-informed approach can be applied to address and mitigate the exposures, behaviors, and high levels of hopelessness that are drivers of the opioid crisis. Further, it will examine how primary prevention strategies complement opioid treatment and long-term recovery interventions to address stigma and support those in need while also strengthening collective efforts to prevent opioid misuse and addiction in the first place. While the focus will be on opioids, the session will advance a broader acknowledgement of the factors fueling a larger American epidemic of addiction, recognizing that poly-drug use and misuse are characteristic of emerging “diseases of despair” (suicide, drug addiction, and alcoholism) and comprehensive primary prevention offers benefits to address many chronic health conditions, including substance misuse.

Delivery Method: In-person or Virtual Clock Hours: 4 or 6

Substance Abuse Awareness – Provides a framework for understanding both legal and illegal drugs including risks and effects. The aim is to encourage anti-drug attitudes among participants. Resistance strategies will be introduced.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

What is Vaping? - While there have been declines in tobacco use among youth, E-cig & Vape use among middle and high school students have been on the rise. The popularity of e-cigs & vapes among youth is of concern for health professionals, educators, and parents, in part because of the common misconception that these products are harmless and also because long-term consequences of e-cig/vape use are still not known. Keeping yourself current on accurate information is worthwhile so that you can be a trusted source of information for youth.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Adverse Childhood Experiences

ACEs Training – Understand the results of the Adverse Childhood Experiences (ACE) study and how early childhood experiences have lasting, measurable consequences later in life.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Healing Youth Alliance Trauma Informed Training – A faith-based training designed to support the mental health and wellbeing of our youth and dismantle practices that create or resurface trauma.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Change Intelligence

Building Change Intelligence Training – Introduces leaders and employees to the three key components of the Change Intelligence construct, and how they can be used to seek new opportunities for change.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Developing and Implementing an Outward Mindset™ – In this workshop, participants learn the difference between inward and outward mindsets. They discover where they have been inward and how to turn more outward. They learn how to turn their mindsets and behaviors outward.

Delivery Method: In-person Clock Hours: 16 hours

Coaching and Mentoring

Strength-Based Development and Coaching – Provides training and coaching opportunities with a Certified Gallup Strengths Coach. The training provides every person with a StrengthsFinder 2.0 assessment that reveals their top five talent themes. The information is analyzed by the trainer, and each team members' results are placed into the Team Strengths Grid that allows leaders and team members to quickly identify the talents of the team!

Delivery Method: In-person or Virtual Clock Hours: 2 or 4; repeated as needed

Collaborative Development

Collaboration 101 - Provides insight into management structure, action plans, and processes required to build an effective collaborative as well as how to facilitate group dynamics, and conflict management

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Collaboration Multiplier - Prevention Institute's *Collaboration Multiplier* tool is an interactive framework and tool for analyzing collaborative efforts across fields to support community wellness and safety by fostering meaningful and impactful collaboration. It is designed to guide an organization to a better understanding of which partners it needs and how to engage them, or to facilitate organizations that already work together in identifying activities to achieve a common goal, identify missing sectors that can contribute to a solution, delineate partner perspectives and contributions, and leverage expertise and resources. Based on the understanding that sectors often have different understandings of issues and divergent reasons for engaging in the same effort, Collaboration Multiplier helps partners navigate differences to find approaches that advance their objectives simultaneously. Collaboration Multiplier can be used at different stages of collaboration, and is designed to complement and inform Prevention Institute's Spectrum of Prevention, which promotes multi-level strategic action as a best practice for primary prevention.

Delivery Method: In-person or Virtual Clock Hours: 8

Collaboration and Organizational Development (Leadership Skills) - Organizational and Collaborative Development as a practice, involves an

ongoing systematic process of implementing effective organizational change and partnerships, which can develop the internal capacity to be the most effective it can be in its mission, and the ability to sustain itself, i.e., leadership, collaborative relations, organization structuring/re-structuring, and needed resources, over the long-term or a specifically designated period of time.

Delivery Method: In-person or Virtual Clock Hours: 4 or 8

Communications

Consensus Building – A pivotal first step in getting teams working more effectively together and group problem solving has shown to increase team synergy and increased decision quality.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Social Media Marketing – Learn key digital marketing skills required for the modern world. Learn Google Ads, social media marketing and SEO, Analytics, mobile marketing and much more.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

The Anatomy of Peace™ – What if conflicts at home, conflicts at work, and conflicts in the world stem from the same root cause? What if we systematically misunderstand that cause? And what if, as a result, we systematically perpetuate the very problems we think we are trying to solve? Learn how to recognize and transform personal, professional, and global conflicts.

Delivery Method: In person Virtual Clock Hours: 16

The Key to Conflict Resolution - Conflict can ignite from the smallest word and can spark destructive responses and behaviors. Unresolved or poorly navigated conflict can damage and even destroy relationships. However, conflict doesn't have to be destructive. Handled effectively, conflict can actually contribute to stronger, deeper relationships. Effective communication skills serve a key role in successfully resolving conflict. In asset-based community development we value the ability to communicate with others and as models in the roles we hold as leaders it becomes one of our most important practices.

Delivery Method: In-person or Virtual Clock Hours: 4 or 6

Community Development

Asset-Based Community Development - This workshop is designed for community members who want to discover more about Asset Based Community Development (ABCD) philosophies and methodologies, and their application and potential to our community. This is a great opportunity to learn how to excite and mobilize in the community to map, connect, and celebrate local assets and opportunities!

Delivery Method: In-person or Virtual Clock Hours: 4, 6, or 8

Care, Counseling, and Community - Many communities are pained by the injustices they face and endure. How do families and community members care for each other, support each other and heal from the pain? This training will provide resources and tools to move forward together.

Delivery Method: In-person or Virtual Clock Hours: 2, 4, or 6

Collaborating and Partnering - This session identifies the importance of collaborating and partnering. The session will further share strategies on how best to collaborate and partner with key stakeholders within the community.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Dreaming and Creating an Ideal Community - In this training community members will engage in an exercise where they create and design their ideal community. This session helps create a vision to make the changes community members want to see.

Delivery Method: In-person Clock Hours: 2 or 4

Mobilizing With Your Community - This session is about taking action. What needs to be done to influence change? This session will help to find viable solutions to mobilize effectively.

Delivery Method: In-person or Virtual Clock Hours: 2, 4, or 6

Community Engagement

Planning and Designing Community Engagement – Community engagement works best where it is an ongoing cumulative process enabling relationships and trust to build and strengthen over time. Individual engagement events should be planned and designed with this in mind and aim to contribute to the overall aims of the engagement process. Community or voluntary groups may want to participate at a range of levels – from providing advice to co-designing the process and from undertaking some aspects of the engagement to delivering projects to meet some of the outcomes.

Delivery Method: In-person or Virtual Clock Hours: 4 or 6

Community Visioning - Community visioning is a process that gives residents, business owners, local institutions, and other stakeholders the opportunity to express ideas about the future of their community. Through a series of meetings, workshops, surveys, and growth-scenario comparisons facilitated by local leaders, participants create a community vision—a written statement that reflects the community's goals and priorities and describes how the community should look and feel in years to come. Ideally, the vision shapes—and cultivates a sense of public ownership and buy-in for—future land-use decisions and regulations in a municipality, county, or region.

Delivery Method: In-person or Virtual Clock Hours: 4 or 6

Culture

Culture Shifts - This training provides an opportunity for participants to express concerns, ask questions, and learn about issues affecting existing and emerging cultures in your community.

Delivery Method: In-person or Virtual Clock Hours: 4 or 6

Economic Development

Economic Development 101- Covering the basics of economic development that all community leaders who serve in volunteer positions such as board member, committee chair, task force leaders, etc. should know about economic development at the local level. Economic development volunteers have invaluable experience in business and other professions, but many do not understand enough about economic

development to be effective participants – to work closely with economic development professionals and make a real and valuable contribution.

Delivery Method: In-person or Virtual Clock Hours: 4 or 6

Active Transportation – Learn about advocates who are committed to creating healthy sustainable and equitable communities for walking, bicycling, and public transit.

Delivery Method: In-person or Virtual Clock Hours: 4 or 6

Entrepreneurship and Legal Forms of Business - Explore various forms of ownership (sole proprietorship, partnerships, and corporations) which affects how businesses are taxed, how profits are distributed, and what regulations must be followed. The form of ownership you choose corresponds to the growth, taxation, and future of your company. In this unit we examine some techniques business owners use to analyze profitability. We review the characteristics of successful entrepreneurs, how small businesses impact the economy, and the role of the Small Business Administration in the United States.

Delivery Method: In-person or Virtual Clock Hours: 4 or 6

Empowerment

Prosumers International - A Prosumer is a person who is proactive in their recovery and gives back to the community. Prosumers International will meet with your community to figure out how to live life in spite of any challenges we may face. Prosumers International holds monthly empowerment meetings to gain skills to live a full life. People can find recovery on accident. Prosumers International believes people need to find recovery on purpose.

Delivery Method: In-person monthly

Environment

Environmental Justice – Learn about climate justice and standing together to advance long-term solutions for frontline communities.

Delivery Method: In-person or Virtual Clock Hours: 2

Healthy Land Use - Intended to provide participants with practical advice regarding interacting with decision makers and stakeholders through the development approval process. Panelists will discuss strategy to address the numerous and conflicting demands of government officials and community stakeholders whose interests always go beyond meeting the technical and legal requirements to develop land.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Evaluation of Coalitions and Collaborations

Logic Models – Introduce logic models, their components and uses. Share examples of logic model formats and gain practice in applying logic models in program evaluation.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Needs Assessment - This workshop provides the knowledge and skills necessary to be able to select an optimal needs assessment/analysis strategy and to use necessary associated tools to carry out each strategy. The workshop will use a case study approach and includes participants working on a project of their own in which they will develop a plan for their own needs assessment/analysis, and present the findings.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Research Methodologies - Explore research design, measurement, intervention, data analysis, and other methods of interest in the community development space.

Delivery Method: In-person or Virtual Clock Hours: 4, 6, or 8

Facilitation

Collective Organizing - Helps you think about what kind of group structure, decision-making processes and ways of communicating will enable you to be efficient and democratic and how you can build a group culture where everyone is valued.

For example we offer training in: working non-hierarchically, consensus decision making, meeting facilitation skills and inclusive groups.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Developing Your Collective Action Skills – For a group to be strong, function well and be enjoyable we need to pay attention to how we work together. We can help you work out your aims, decision-making process, organizing structure and how (and whether) you will get new people involved. Plus developing good practice in working sustainably and building strong, trusting relationships within the group.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Family

Commercial Sexual Exploitation of Children and the Internet - The workshop will focus on what commercial sexual exploitation of children is, how victims are lured, root causes that lead a juvenile into being sexually exploited, resources, and what the community can do to help alleviate commercial sexual exploitation of children.

Delivery Method: In-person or Virtual Clock Hours: 4, 6, or 8

Healthy Communities/Healthy Marriages – “When there is love in marriage, there is harmony in the home; when there is harmony in the home, there is contentment in the community; when there is contentment in the community, there is prosperity in the nation; when there is prosperity in the nation, there is peace in the world” – Chinese Proverb. This workshop provides couples with the inner resources to enhance their emotional, mental, and behavioral well-being.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Parent/Child Connections - Find out the latest information about child growth and development, stress management, positive discipline, communication, the teen years, and many other issues related to parenting.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Women and Families – Women lift up the families and communities around them. When one woman succeeds, she places a step for the next

generation to stand on. Find out the latest information on issues affecting women's empowerment.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Violence Prevention – Learn intervention strategies that promote self-sufficiency, safety, and long-term independence of adult and child victims of family violence and victims of teen dating violence.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Finance

Build a Strong Financial Foundation - Provides community with a financial education that empowers them to have a better future. Learn how to:

- Make money work better for you
- Find and save more money
- Understand investments and build wealth
- Protect and preserve your money

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Retirement Planning - Many of the retirement strategies utilized by your parents have grown outdated and may no longer have application for those looking to retire today. This class compares and contrasts the old retirement paradigms of yesteryear and the new paradigms of today as you prepare to retire in the 21st century. You'll discover how to insulate yourself from the risk of rising taxes, protect your Social Security from taxation, and help you avoid common mistakes as you distribute your assets in retirement.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Food Systems

Food Deserts Solutions with Data Driven Research – In the United States, people living in low-income communities frequently do not have access to affordable healthy food venues, such as supermarkets. Instead, those living in “food deserts” must rely on convenience stores and small neighborhood stores that offer few, if any, healthy food choices, such as fruits and vegetables. Learn about the public health effects of food deserts.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Innovations in Food Systems - Explore current innovations in the food system. Discuss the dimensions of food systems and how to utilize innovations to meet the needs of small and large supply chains to support decision-making. The workshop includes discussions on issues related to safety and sustainability, economic and social challenges and opportunities, innovative case examples, and strategies in reducing food waste.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Fundraising

Capital Campaigns - Capital campaigns are intimidating. They involve a lot of decisions, planning and work, along with uncertain outcomes. And often there's a lot at stake. This workshop provides the following:

- Basic processes and steps of a successful capital campaign.
- Building blocks of the elements necessary to construct your own capital campaign.
- People and roles necessary to run a successful capital campaign.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Developing Fundraising Teams - Asking for money is as scary for people as death and public speaking. But it doesn't have to be! Learn a simple method that takes much of the fear out of the process. This workshop is perfect for nonprofit employees and volunteers and will give you proven techniques to improve your fundraising skills.

Delivery Method: In-person or Virtual Clock Hours: 4 or 6

Feasibility Studies - Enables professionals to assess the likely success of a proposed project before taking a decision to proceed. A well-executed

feasibility study is an essential foundation for successful project definition and project management. A feasibility study is one of the key mechanisms that enable managers to align strategy and operations in achieving and sustaining superior performance.

Delivery Method: In-person or Virtual Clock Hours: 4, 6 or 8

Grant Writing - Gives a general overview of the grant writing process and allows writers to go through a step-by-step process to create a grant application. The materials describe the components of a grant proposal: the executive summary, statement of need, project description, budget, organization information and conclusion.

Delivery Method: In-person or Virtual Clock Hours: 4 or 6

Government Funding - During this workshop, you will:

- Find federal grants opportunities that match your organization's mission and priorities
- Examine recent application guidelines and funded proposals to see what works, what doesn't, and why
- Develop a work-plan for proposal development and write key proposal sections
- Write and review concept papers
- Learn to get a head start on competitions before the funding guidelines are released

Delivery Method: In-person or Virtual Clock Hours: 4 or 6

Human Resources

Alternative Dispute Resolution - Develop the practical skills and techniques you need to resolve disputes effectively with confidence. This workshop will give you the tools to manage conflict constructively in the workplace and at home.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Diversity and Inclusion - Organizations across America are implementing programs and strategies designed to help them manage and leverage D&I more effectively. Launching and sustaining a Diversity and Inclusion Initiative requires strategic planning that is based on sound methodology and a systemic approach that should be designed to address current realities of the

business landscape. Learn developmental models and best practices to drive effectiveness and to sustain a D&I initiative.

Delivery Method: In-person or Virtual Clock Hours: 4, 6, or 8

Leadership

Transformative Leadership – Trainers equip you with the practical tools and techniques to become an influential leader at home, work, and in your community. You can expect to walk away ready to become the kind of leader you've always aspired to be.

Delivery Method: In-person or Virtual Clock Hours: 4 or 6

Nonprofit

Board Governance – provides comprehensive training for board members in understanding their duty of care, the duty of loyalty, duty of obedience, and fiduciary responsibility.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Mission and Vision Statements - This facilitated workshop provides the set of activities to create and finalize Vision, Mission, Values and Leadership Traits for a collaborative. Learn how to:

- Set-up effective Vision and Mission statements
- Effectively create values and leadership traits for the collaborative that are actionable and measurable with a focus on improving the performance of the community
- Effectively communicate the company's Vision, Mission, Values and Leadership Traits to the public

Delivery Method: In-person or Virtual Clock Hours: 4

Nonprofit Management 101- Understand the advantages and disadvantages of starting a nonprofit organization. Learn the steps necessary to prepare for the process, establish effective management, and ensure long-term sustainability.

Delivery Method: In-person or Virtual Clock Hours: 4, 6, or 8

Nonprofit Budgeting and Financial Statements – covers budgets and how they are used in non-profit organizational settings. You will gain an understanding of the uses and functions of budget and the relationship between strategic budgeting and tactical budgeting. You will also learn about the organization-wide budget and different budget systems. The course will continue on to slightly more advanced budgeting topics such as capital budgets, cash flow budgets, and opportunity budgets. You will also learn how non-profit organizations are using different budgeting techniques to handle operating challenges.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Justice Reform

Juvenile Justice Interventions – provides consulting and training for concerned groups and collaboratives in developing a coalition to advocate for and with youth impacted by the justice system.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Juvenile Justice and Justice Reform - The Global Youth Justice Movement is driven by the goal of systemic reforms throughout the Criminal Justice Systems to reduce the incidences of, and prevent the escalation of juvenile crime, reduced incarceration and recidivism rates throughout the United States and local communities at-large.

Delivery Method: In-person or Virtual Clock Hours: 4, 6, or 8

Religion

Road Map or Road Block: Religious Teachings and Violence Against Women and Girls - In this training we will define domestic and intimate partner violence. Participants will discover connections between religious teachings and violence against women and girls. Participants will explore certain religious teachings of Early Church Fathers and how those teachings undergird present day beliefs about gender-roles. Participants will identify strategies needed to cultivate a healthy and safe society for women and girls.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Trauma Informed Ministry - Adverse Childhood Experiences (ACE's) refers to traumatic events that affect how a person develops physically, emotionally, cognitively, and spiritually. This training is designed to help congregations overcome the effects of stress and ultimately to trust God with every detail of life.

Delivery Method: In-person or Virtual Clock Hours: 4, 6, or 8

Youth and Religion - The goal of this workshop is to underscore and understand the dynamics youth face when engaging religion and identity formation.

Delivery Method: In-person or Virtual Clock Hours: 4, 6, or 8

Resilience

The Power to Thrive - All of us face adversity regardless of our level of success. In order to thrive during those challenges, we must learn to build a resilient mind and body. Doing so guarantees that we will be able to properly navigate our ever-changing, hectic world in such a way that we function at our best by becoming more adaptable. In turn, that results in better stress management. Best of all, it allows us to live a life of health, wealth, joy, and fulfillment both personally and professionally. In Asset-Based Thinking (c) we embrace these abilities to thrive and to share our own resiliency with others.

Delivery Method: In-person or Virtual Clock Hours: 4, 6, or 8

Restorative Justice

Racial Equity or Fakeequity? - One author said, "We cannot train our way to racial equity." Racial Equity Training without structural change in an organization is what is known as "fakeequity" or fake equity. In this workshop participants will define and discuss racial equity. Participants will then explore five action steps needed to become an organization serious about racial equity.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Restorative Community Practices– provides a way of responding to conflict, misbehavior and wrongdoing that makes things as right as possible for all who were impacted. A restorative community is underpinned by the principles of inclusion, democratic participation, accountability, deep listening and respectful dialogue.

Level I - Discover Relationships - deal with the skills needed to discover the foundation of past and current relationships

Level II - Restore Relationships - deal with the skills needed to restore healthy relationships

Level III - Maintain Relationships - deals with the tools needed to maintain and address circumstances where serious offending has occurred.

Delivery Method: In-person or Virtual Clock Hours: 18-24

Train the trainer component: After completing the 18-24 hours participants can take additional courses to be able to train.

Purple Table Talks: Transformative Conversations on Racism - During this workshop students will explore a method for discussing and addressing root causes of racism that invite participant observation and engagement. Participants will have opportunity to view portions of two videos featuring Purple Table Talks on Racism, White Fragility, Black Women Navigating White Spaces and then subsequently, formulate strategies for duplication in their respective environments. Participants will also critique the videos in order to determine pros and cons as well as best practice of the various components. The overall purpose of this workshop is to dig deep into root causes and consequences of racism, deconstruct and eliminate them as oppressive structures in order to create a more racially equitable society.

Delivery Method: In-person or Virtual Clock Hours: 2, 4 or 6

Unpacking PMS: Patriarchy, Misogyny, and Sexism - In this training participants will define the social realities of patriarchy, misogyny, and sexism. Participants will explore the adverse effects of each on society in general, and women and girls in particular. Participants will also examine the nature of toxic masculinity and how it fuels PMS. In this training we will strategize ways to disrupt and dismantle PMS and toxic masculinity in order to create a more equitable society.

Delivery Method: In-person or Virtual Clock Hours: 2, 4 or 6

Policy

Advocacy - Community advocacy can make real change and understanding that change is important. Is it getting more people to take public transportation? Preventing childhood obesity? No matter the issue, knowing what you would like to see changed and being able to articulate it is half the battle.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Poverty

Homelessness Coalition Building - provides consulting in leading a coalition of stakeholders in developing a plan to address homelessness issues within the community served. The training will aid in identifying training in best-and evidenced-based practice interventions as identified by U.S. Dept. of Housing and Urban Development, the United States Interagency Council on Homelessness, and the National Alliance to End Homelessness.

Delivery Method: In-person or Virtual Clock Hours: 4 or 6

Public Health

Adverse Community Experiences and Resilience (ACER) - Prevention Institute works with communities, sectors, and policymakers across the U.S. to identify symptoms of community-level trauma and develop strategies to promote community healing and foster community resilience. The basis for this work is our 2016 Adverse Community Experiences and Resilience report and framework. A more recent follow up document, *What? Why? How? Answers to Frequently Asked Questions About the Adverse Community Experiences and Resilience Framework*, builds off these core concepts and addresses questions that have emerged in early practice and implementation, and includes more information on healing as a critical component. Multiple networks and communities have adopted, adapted and/or implemented the adverse community experiences and resilience framework to address and prevent community trauma—Adverse Community Experiences and Resilience: Learning from Practice reflects valuable lessons from their practice.

Delivery Method: In-person or Virtual Clock Hours: 4, 6, or 8

Community Health Workers – a 160 Training Hour Community Health Worker Curriculum with Optional 40-Hour Internship Approved by the Texas Department of State Health Services. Community Health Workers are dedicated, frontline public health workers called to create bridges to health, social and human services within the communities they serve. Community Health Workers are federally recognized paraprofessionals that can function in both social service and clinical settings.

Delivery Method: In-person Clock Hours: 160

Train the trainer component: After completing the 160 hours participants can take additional courses to be able to train.

Emergency Management Planning - Provides an overview of the hazards that can impact a community, and steps that individuals and families can take to become more prepared to deal with them. This includes guidance on how to develop a disaster plan, build a disaster supply kit, and organize with your neighbors to become better prepared.

Delivery Method: In-person or Virtual Clock Hours: 2 or 4

Mental Health First Aid - Mental Health First Aid is an exciting public education program that helps people identify, understand, and respond to individuals experiencing signs of mental illnesses and substance use disorders. MHFA was developed to help **members of the community** support an individual developing a mental health problem or experiencing a mental health crisis. Recommended for people working with the public (**nurses, teachers, public welfare workers, law enforcement, etc.**), as well as anyone who wants to learn more about mental health or feel more comfortable assisting someone experiencing a mental health problem.

Delivery Method: In-person Clock Hours: 12 or 24

Train the trainer component: After completing the 24 hours participants can take additional courses to be able to train.

THRIVE (Tool for Health and Resilience in Vulnerable Environments) - There is growing recognition and attention to the fact that when it comes to health, people, place, and equitable opportunity matter. The places and social, economic, environmental, and community conditions in which children and families live, learn, work, and play—the determinants of health—are increasingly understood as part of the fundamental factors that influence poor health, lack of safety, and health inequities. Our Community Tool for

Health and Resilience in Vulnerable Environments or *THRIVE* was created to answer the question, what can communities do to improve health and safety and promote health equity? *THRIVE* is a framework for understanding how structural drivers play out at the community level to impact the social-cultural, physical/built, and economic/ educational environments - i.e. the community determinants of health - and consequently, health and safety outcomes, and inequities in outcomes. *THRIVE* is also a tool for engaging community members and practitioners in assessing the status of community determinants, prioritizing them, and taking action to change them to improve health, safety, and health equity. As a framework, *THRIVE* has wide applicability to local, state, and national initiatives to inform policy and program direction. As a tool, *THRIVE* can be used in a variety of planning and implementation processes, from neighborhood- level planning to community health needs assessments (CHNA) and community health improvement planning (CHIP) processes.

Delivery Method: In-person or Virtual Clock Hours: 8 or 16

Suicide Prevention, Intervention, and Postvention - Why do people kill themselves? How do I ask someone if they are feeling suicidal? What do I do if they say they ARE suicidal? How do I deal with the strong emotions suicide generates? This course will provide answers for these and other questions many of crisis interventionists have about suicide. It will provide participants with basic information about suicide as well as help participants develop practical skills for prevention, intervention and postvention. Small group role-plays will allow participants to apply the suggested techniques as they are learned.

Delivery Method: In-person Clock Hours: 2 or 4

Strategic Planning

Theory of Change – aids organizations and collaboratives in developing a working strategic plan or theory of change that engages a diverse group of stakeholders to create an actionable intervention that spearheads growth for organizations and collaboratives.

Delivery Method: In-person Clock Hours: 4, 6, or 8

Systems Thinking

Systems Thinking for Community Collaboration and Problem Solving - provide participants with a hands-on experience using design and systems thinking to build community capacity for collaborative solutions.

Delivery Method: In-person Clock Hours: 4, 6, or 8

Scheduling Technical Assistance or a Training

Technical Assistance and training can be customized (see sample request form below). Please note delivery method and clock hours may change.

Please contact wrcHELP@alliancetxt.org with any questions.