

Collaborative Problem Solving (CPS) Training

For more than a decade, the CPS approach has demonstrated effectiveness with children and adolescents with a wide range of social, emotional, and behavioral challenges across a variety of different settings: from families, schools, mentoring organizations and foster care agencies to therapeutic programs such as inpatient psychiatry units, residential treatment and juvenile detention facilities. OFSN offers a continuum of CPS parent groups; from a 4-week overview to an 8-week series which is comparable to the CPS Tier 1 Intensive training. Costs vary by training.

CPS Tier 1 Intensive

This two and half day training is intended for those interested in becoming proficient in Collaborative Problem Solving. Participants with prior exposure learn to advance their skills in applying the model through a combination of didactic lectures, role-playing, videotape examples, case presentations, and breakout groups with topics of specific interest to clinicians and educators.

CPS Parent Groups

CPS Certified Family Support Specialists introduce the approach to other parents through four, six or eight week parent-to-parent CPS training and can provide ongoing support through parent-to-parent CPS informed Support Groups.

“Kids do well if they can.”

Family Support Peer Coach Certification

This certification is for Family Peer Support Specialists who have completed at least two years of direct peer support work and want to develop the peer practice within a coaching model. This certification is a one year commitment.

Individualized Education Program (IEP) Basics

Attend this training and gain a basic understanding of parental rights and responsibilities, an overview of the IEP document and process, and a discussion on effective ways to advocate for your child.

504 plan or IEP?

This training compares and contrasts the process (child find, eligibility, etc.) and protections (child & parental rights) found under Section 504 of the Rehabilitation Act and the Individuals with Disabilities Education Act (IDEA).

Family Support Group Facilitation

Come to this training and learn what a successful family support group needs, the skills of a good facilitator, how to maintain privacy and confidentiality and more!



Oregon
Family Support
Network

“We are families and youth working together to promote mental, behavioral and emotional wellness for other families and youth, through education, support, and advocacy.”

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Continuing Education Units (CEU's)!

Oregon Family Support Network is approved by the Oregon Health Authority to provide Continuing Education Units (CEU's) for all trainings completed by Traditional Health Workers in Oregon. CEU's awarded will vary with each training.



Oregon
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Statewide Training Program

[ofsn.org](#)

“Every family deserves to be heard and understood.”



Adult Mental Health First Aid

Just as CPR training helps a person with no clinical training assist an individual following a heart attack, Mental Health First Aid training helps a person assist someone experiencing a mental health crisis such as contemplating suicide.

Youth Mental Health First Aid

Youth Mental Health First Aid teaches about the common warning signs and risk factors of mental health, suicidality and substance use that are common among youth (ages 12-25 years) and adults and the resources for helping someone who may be struggling or in crisis.

Question, Persuade, Refer (QPR)

People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

Connect

A suicide or other untimely traumatic death can have a devastating impact on a community. The shock and grief goes well beyond immediate family and friends and can ripple throughout the community. Since knowing someone who has died by suicide is one of the highest risk factors for suicide, **postvention becomes an integral part of suicide prevention efforts.**

"Someone you know could be experiencing a mental health crisis. You can help them".

Trauma: The what, why and how we can respond

In this introduction to trauma training we will discuss various types of trauma and its effect on the brain, body, and health. We will explore trauma as it relates to behavior and learn how to identify ways to reduce episodes of re-traumatization (re-triggering).



Trauma Informed Self Care

Self care is vital to those who are impacted by trauma or work with individuals who experience trauma. Training participants will identify options for self care in all 12 life domains and develop a self care plan that includes a variety of tools including mindfulness, breathing, psychological flexibility and micro and macro self care.

Family Lead Crisis Planning

"Voice and Choice" is not just a catchy new phrase in the mental health world for families. This training will explore how lived experience guides holistic crisis planning based on all life domains. Using group discussion and practical tools, we will navigate the paradigm shift from system led crisis planning to family/consumer led crisis planning.

Family Driven Care

This training will explain what Family Driven Care means, the importance to the family peer support movement and what it looks like in practice. We will discuss the strategies and understanding necessary to effectively influence systems serving children and families.

Walk With Us: Family Experiences Navigating Systems

Designed for providers who are interested understanding of how families may experience child serving systems. We will identify challenges that providers experience while working with families and identify ways to increase family engagement, partnership, voice and choice.

Wraparound: Digging Deeper with Families

Participants will discuss a process of assessing their own community and experience with Wraparound to determine what is currently working and what challenges need to be addressed for success. Trainers will also facilitate discussion related to Oregon's Wraparound Best Practices.

Peer Delivered Services Foundations

Peer Delivered Services Foundations (PDS) is the Oregon Health Authority approved training designed to certify family peer support providers in the state of Oregon. The PDS core peer-to-peer curriculum allows family members with lived experience to work in a Medicaid billing environment.

Identifying and Cultivating Natural Supports

This training will define natural, informal and formal supports and discuss best practices for identifying and cultivating natural supports with families in the Wraparound process.

Journey to Advocacy

Parents and caregivers will develop their unique experiences into a meaningful personal story that can be shared with peers, providers, legislators, state and local leaders. Participants will learn core elements to developing personal experiences into effective advocacy.

Wraparound Family Partner Orientation

This training will orient you to the family partner role within the Wraparound process and how the family partner supports the family and team members.

Changing Systems Together: Families and Providers

Families: Learn how your parent/caregiver experience and voice in policy making can be an effective way to serve and participate on policy groups such as committees.

Providers: Learn what barriers may impact family participation at the policy level and gain concrete strategies on how to engage and build meaningful relationships with families.

System of Care and Wraparound 101

Gain an understanding of System of Care and the Wraparound process including the 10 Wraparound principles, how the principles guide the practice of Wraparound teams and how the family voice is valued in the process.

