The following is a list of professional development classes being offered by The Community Chest for the 2019-2020 program year.

Pre-registration is required for all workshops.
People wishing to attend should call/email first as space may be limited. Registration: 201 568-7474. There is no fee for workshops for staff and board members of nonprofits unless otherwise noted.

Mental Health First Aid: Two days:
Mental Health First Aid: Day 1
Thursday, September 19
1:00 – 5:00 pm
Flat Rock Brook Nature Association, 443 Van Nostrand Avenue, Englewood, NJ 07631
Presenters:
David Drapkin, MSW – Englewood Health
Stephanie Hartman – Mental Health First Aid Training Coordinator, Bergen County Dept. of Health Services, Division of Mental Health

Mental Health First Aid: Day 2
Friday, September 20
9:00 am – 1:00 pm
Flat Rock Brook Nature Association, 443 Van Nostrand Avenue, Englewood, NJ 07631
Presenters:
Michelle Hart-Loughlin, Director of Mental Health Services, Bergen County Dept. of Health
Stephanie Hartman – Mental Health First Aid Training Coordinator, Bergen County Dept. of Health Services, Division of Mental Health

Description: This 8 hour national public education program teaches you how to identify, understand and respond to signs of mental illness and substance abuse disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance abuse problem and help connect them to appropriate care. You will learn how to apply the ALGEE action plan: Assess for risk of suicide or harm; Listen non-judgmentally; Give reassurance and information; Encourage appropriate professional help; Encourage self-help and other support strategies.
There are no CEUs given for this workshop.
Pre-registration required. Contact karen@karenadler.net
*If this workshop becomes oversubscribed there will be additional sessions offered on other dates.

The Opioid Crisis in NJ: Current Trends and Evidence Based Treatment Options
October 23, 2019
9:30 – 1:00 pm
Flat Rock Brook Nature Association, 443 Van Nostrand Avenue, Englewood, NJ 07631
Presenter: Glenn Duncan, LPC, LCADC, CCS, ACS – Rutgers University Department of Continuing Education

Description: In this workshop, the latest developments and trends regarding natural opiates, semi-synthetic opioids and synthetic opioids will be discussed. Kratom, a drug similar to, yet distinct from opioids, will be introduced. Participants will be able to identify national and local NJ trends with regard to prescribing practices and new legislation, opioid overdoses and trends.
with opioid use. Participants will be able to distinguish the difference between which drugs are considered naturally occurring opiates, semi-synthetic opioids and synthetic opioids. Participants will be introduced to the assessment and treatment of Opioid Use Disorders via the DSM 5 criteria, the latest nationally recognized medication assisted and non-medication assisted treatment approaches when working with clients. Finally, those attending will discuss potential issues that may exist relating to a person being on any medication assisted treatment while in the workplace.

Offered in conjunction with Rutgers University, School of Social Work, Office of Continuing Education. 3 CEUs will be given.

Pre-registration required.

Contact: http://ssw-web.rutgers.edu/ce/index.php?m=catalog&cid=1918
cc: karen@karenadler.net

Communicating With Adolescents, Speaking Their Language
February 4, 2020
9:30 - 1:00 pm
Vantage Health System, 2 Park Avenue, Dumont, NJ 07628
Presenter: Debbie Mann, LCSW
Description: When parents and helping professionals try to start a conversation with adolescents, they often get one-word answers or no answer at all. Many families and helping professionals struggle to understand how adolescents think and feel and how to get them to respond. Participants will learn strategies and techniques to engage adolescents and to help families learn how to talk to their adolescents about difficult topics and get them to talk back.

Offered in conjunction with Rutgers University, School of Social Work, Office of Continuing Education. 3 CEUs will be given.

Pre-registration required.

Contact: http://ssw-web.rutgers.edu/ce/index.php?m=catalog&cid=2001
cc: karen@karenadler.net

The Art of Presentation
March 10, 2020
9:30 - 1:00 pm
Flat Rock Brook Nature Association, 443 Van Nostrand Avenue, Englewood, NJ 07631
Presenter: Larry Williams, MDiv
Description: In this highly interactive session, discover concrete methods to design laser-focused presentations, deliver more professionally, and have your attendees remember your information longer! Learn powerful techniques for organizing and developing visually stimulating presentations. Be empowered to dynamically provide vital knowledge with far greater clarity and impact. Effectively compete in this world of information overload with message clarity and visual impact through the Art of Presentation. Remember, if they can’t recall it, they didn’t learn it.

Offered in conjunction with Rutgers University, School of Social Work, Office of Continuing Education. 3 CEUs will be given.

Pre-registration required.

Contact: http://ssw-web.rutgers.edu/ce/index.php?m=catalog&cid=1987
cc: karen@karenadler.net
Managing the Media / Using Social Media
April 16, 2020
9:30 – 1:00pm
YW training room, YWCA, 214 State Street, Hackensack, NJ 07601
Presenter: Helen Archontou, MSW, CEO, YWCA of Northern NJ
Description: Better understanding of your mission and work is key to engaging the community for your non-profit. Learn ways to use the press and social media to get the word out about your work and gain awareness of some of the challenges that can occur with these outlets. Helen will share best practices, insights and strategies that evolving organizations can consider and implement around media relations.
No CEUs will be given for this workshop.
Pre-registration is required. Contact karen@karenadler.net

Human Resources Management
May 5, 2020
9:30 – 1:00 pm
Vantage Health System, 2 Park Avenue, Dumont, NJ 07628
Presenter: Linda Meisel, LCSW
Description: Human resource administration can be an organization’s biggest challenge. Successful management of human resources promotes and enhances the skills and abilities of employees by creating and engaging systems and procedures that maximize productivity and lifelong learning. In this workshop, participants will identify the key components of human resource management and explore the legal and ethical issues related to it. Strategies to recruit and retain a high-quality workforce will be addressed and ways to maintain a discrimination- and harassment-free environment will be identified.
Offered in conjunction with Rutgers University, School of Social Work, Office of Continuing Education. 3 CEUs will be given
Pre-registration required.
Contact http://ssw-web.rutgers.edu/ssw/ce/index.php?m=catalog&cid=1986
cc: karen@karenadler.net

Special Presentation by Triste Brooks, CEO, Planned Parenthood, Greater NNJ
“Planning for Expansion” (for Chief Operating Officers)
Date and location TBD
Time: TBD
Description: For Executive Directors and CEOs
The Professional Development program is funded by local foundations, businesses and individuals, including Englewood Rotary Club and TD Bank.