



FAMILY RESOURCE CENTER UNIVERSITY

JUNE 16TH-JUNE 20TH

Welcome to FRC University! We are excited to share information on the upcoming virtual sessions being offered.

Staff from all FRC sites are required to participate in at least three trainings throughout the week. If you wish to attend more than three trainings, please let your supervisor know.

Each topic will have three session times:

Session 1: 8:30 AM - 10:30 AM

Session 2: 11:30 AM - 1:30 PM

Session 3: 2:30 PM - 4:30 PM

Registration is required and links for each training are listed on the description pages. Once registered, emails with the necessary information will be sent to you for your specific sessions.

Please see the bottom of this packet for frequently asked questions and answers.

TRAINING SCHEDULE

Monday 6/16

Unleash Your Energy With EQ

By: Sara Best

Communicating With Integrity

By: Joy Miller and Cindy Woodford

Tuesday 6/17

Early Childhood Development (2 CEUS)

By: Dr. Bobbi Beale

Pathways to Recovery (2 CEUS)

By: Precia Stuby & Dr. Flaherty

Eating Well

By: Michelle Biltz

Wednesday 6/18

Legislation of House Bill 68 (2 CEUS)

By: CJ Potter & Monica Burbank

Disability 101

By: Joy Miller

Thursday 6/19

Measurement Informed Care (2 CEUS)

By: Aeryn Williams

Budgeting & Money Management

By: HFH/Financial Opportunity Center

Friday 6/20

Strategies for Effective Engagement

By: Amber Wolfrom & Chris Biltz

Unleash Your Energy With EQ

Presenter: Sara Best

Monday, June 16th

In this engaging session, participants will learn about the skills of emotional intelligence or EQ, why they are important, and why they matter more in leadership. We will use the lens of EQ to determine how best to adjust our natural drives when dealing with others and coping with stress.

Participants will discover what specific EQ Skills are essential for their success right now and will have the opportunity to create a simple, personal EQ Development Plan.



Sara Best

8:30-10:30 AM

**[Register
HERE](#)**

11:30-1:30 PM

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HERE](#)**

2:30-4:30 PM

**[Register
HERE](#)**

Communicating with Integrity

Presenters: Joy Miller & Cynthia Woodford

Monday, June 16th

In this session, "Communicating with Integrity: Understanding Ethical & Legal Boundaries in Behavioral Health," we will explore the essential principles of ethical and legal communication within the behavioral health field. The presentation will address key topics such as handling requests for information and records, managing interactions with law enforcement, and navigating boundaries and ethical considerations when communicating with clients.

Throughout the session, we will provide real-life scenarios and practical examples to help participants better understand the application of these principles in everyday situations. Breakout sessions will also be included to facilitate deeper discussions and allow participants to explore how these concepts relate to their own experiences.

Specific areas of focus will include documentation practices, email communication, phone calls, and verbal interactions, emphasizing the importance of maintaining compliance, confidentiality, and integrity in all forms of communication. This presentation aims to equip professionals with the tools needed to confidently respond to sensitive situations while upholding ethical and legal standards.

8:30-10:30 AM

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Joy Miller



Cynthia Woodford



Early Childhood Development

(2 CEUs)

Presenter: Dr. Bobbi Beale

Tuesday, June 17th

Dr. Bobbi Beale



This session will address serving the early childhood (EC) population in behavioral health. We will begin with a review of the American Academy of Pediatrics' developmental milestones and provide tips and resources for tracking milestones, including the CDC's Learn the Signs Act Early website. Then we'll dive into the neuroscience of brain development, paying close attention to the EC period when the brain is the most plastic and susceptible to change. Our nation's youngest children have

lived most of their lives during a global pandemic, and as a result, many infants and toddlers spent most of their earliest years at home with limited opportunities to socialize or gain critical skills. This isolation has negatively impacted their school readiness and future success. So we'll wrap things up with family engagement strategies and resources to address COVID impacts and support providers in meeting these families' needs.

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Pathways to Recovery

2 (CEUs)

Presenters: Precia Stuby & Dr. Flaherty

Tuesday, June 17th

During this session the presenters will review varied pathways to recovery. Their presentations will cover why a focus on recovery is essential today as well as some of the most prevalent pathways to recovery. Essential themes and elements common to recovery, as found by scientific investigation and as implemented in Hancock County's Recovery Oriented System of Care (ROSC) will be shared.

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Precia Stuby



Dr. Flaherty



Eating Well

Presenter: Michelle Biltz

Tuesday, June 17th

In this session, we will focus on healthy eating habits to promote well-being for ourselves and our families. We will discuss why dieting often fails and introduce an evidence-based alternative called intuitive eating. Intuitive eating involves building a positive relationship between food and body while focusing on internal hunger cues. Join me to learn more!

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Michelle Biltz



Legislation of House Bill 68

2 (CEUs)

Presenters: CJ Potter & Monica Burbank

Wednesday, June 18th

Ohio House Bill 68 was passed through the state legislature on 1/24/24. With an effective date of 4/24/24, mental health providers will need to be aware of how this legislature will impact their work with transgender youth. This program aims to review this legislature, feedback and interpretations received from legal counsel, as well as feedback the Ohio CSWMFT has with regards to how the legislation impacts mental health work. Providers will leave this program armed with insights as to how they can best support their non-binary minors once this law has taken effect.

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CJ Potter



Monica Burbank



Disability 101: Building Awareness, Inclusion and Engagement

Presenter: Joy Miller, MRC, CRC, LPC

Wednesday, June 18th

Joy Miller



This session will offer a foundational overview of disability, focusing on awareness, inclusion, and respectful engagement. The presentation covers key concepts, including types of disabilities, the difference between the medical and social models, and the importance of accessibility. Participants will learn about inclusive language, disability etiquette, and how to challenge common stereotypes. The session emphasizes the value of creating supportive environments in workplaces, schools, and communities. This presentation aims to build understanding, promote empathy, and empower attendees to be more inclusive and informed in their everyday interactions and professional settings.

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Measurement Informed Care

2 (CEUs)

Presenter: Aeryn Williams

Thursday, June 19th

This interactive 2-hour training explores how measurement-based care (MBC) can enhance clinical decision-making, increase client engagement, and drive meaningful progress in the recovery journey. Participants will review the purpose, scoring, and clinical application of four key tools used across behavioral health settings: the Daily Living Activities-20 (DLA-20), the Patient Health Questionnaire-9 (PHQ-9), the Generalized Anxiety Disorder-7 (GAD-7), and the Alcohol Use Disorders Identification Test – Consumption (AUDIT-C).



Aeryn Williams

Through a trauma-informed, strengths-based lens, participants will learn how to integrate these measures into collaborative treatment planning, goal setting, and real-time care adjustments. Case examples, discussion prompts, and documentation strategies will reinforce how to move from collecting data to connecting with clients—using MBC as a catalyst for healing and hope.

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Budgeting and Money Management

Presenters: HFH Financial Opportunity Center -

Dustin Fuller, Alyssa Ibarra and Phil Brock

Thursday, June 19th

Let's demystify one of the scariest words in the English language for adults: budgeting. If you've ever run out of money before you ran out of month or struggled to figure out where your money is going, this session is money in your pocket. It will explore how to not only account for every dollar but how to budget with purpose—giving you permission to spend on the things you want—not restrict you. Join the FOC team as we also discuss money management tips that make sense but save you dollars. Our informal, practical approach is easy to use and will accommodate any situation.

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Dustin Fuller

11:30-1:30 PM

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Alyssa Ibarra

2:30-4:30 PM

Register
HERE



Phil Brock

Strategies for Effective Engagement: Strengthening Your Perceptive Communication & De-Escalation Skills.

Presenters: Amber Wolfrom & Chris Biltz

Friday, June 20th



Amber Wolfrom



Chris Biltz

Community members often reach out for help and support when they have an unmet need they are struggling with. When someone is struggling, their ability to communicate may be impacted for many reasons. This can escalate the importance of engaging in more perceptive and responsive interactions. This training will explore how important the awareness of self-regulation and communication management are to positive outcomes.

8:30-10:30 AM

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Frequently Asked Questions & Answers

Q: Who do I reach out to if I have questions?

A: You can send an email to scott.lammers@frcohio.org and sarah.gibeaut@frcohio.org

Q: What if I want to attend a certain session, but it doesn't align with my schedule?

A: All presentations will be recorded and uploaded into Teams for all staff to view after the sessions!

Q: How many sessions do I have to attend?

A: All FRC employees are required to attend at least 3 sessions. If this is an issue with your schedule, or you would like to attend more, please contact your supervisor. All other system partners can attend as many as they would like!



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