



# 2009 Catalog

of Community Training and Learning Opportunities

- Personal or Professional Development
- Social Worker and Counselor Continuing Education Credits Offered
- Customized Training Available for Organizations and Businesses.



**39 W. Winter Street  
 Delaware, Ohio 43015  
 Phone: 740.363.5000  
 Fax: 740.369.0351  
 www.delawarecountyvolunteers.org**

Non-Profit Org.  
 Postage Paid  
 Delaware, Ohio 43015  
 Permit No. 77

*This publication was created and developed by the Outreach Department  
 at Hepline of Delaware and Morrow Counties, Inc.*



**Hepline**

Of Delaware and Morrow Counties, Inc.

# Maximize Employee Potential Train Here.



HelpLine offers a full range of customizable training opportunities to suit the unique needs of your workforce.

Whether its licensure requirements or opportunities to continue education, HelpLine can grow and develop your employee's potential.

Training topics include:

- Cultural Diversity and Inclusion
- Sexual Harassment Policy
- Violence Prevention Policy Development
- Applied Suicide Intervention Skills Training (ASIST)
- Stewards of Children - Adults Working to End Child Sexual Abuse.

**FOR MORE INFORMATION CONTACT  
Julianna Nemeth at 740.363.1835**

## Training Registration Form

Name \_\_\_\_\_ Organization \_\_\_\_\_  
(note: print the name you want on your certificate)  
 Mailing Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone \_\_\_\_\_ Ext. \_\_\_\_\_ Fax \_\_\_\_\_  
 E-mail Address \_\_\_\_\_

Does your organization serve Delaware County?  Yes  No

*\*Registration begins at 8:30 a.m.*

Workshop Title \_\_\_\_\_ Workshop Date \_\_\_\_\_

Workshop Title \_\_\_\_\_ Workshop Date \_\_\_\_\_

Workshop Title \_\_\_\_\_ Workshop Date \_\_\_\_\_

Continuing education units are administered and licensed through HelpLine of Delaware and Morrow Counties, Inc. Each workshop is \$45 (unless otherwise indicated) and provides 3 CEUs for counselors (#RCX050402) and social workers (#RSX010301). For more information on requirements, contact HelpLine at 740.363.1835 or your licensing board.

### Payment Information

- Check Enclosed: check # \_\_\_\_\_ check amount \$ \_\_\_\_\_  
(Make checks payable to Connections Volunteer Center)
- Pay at Door (cash or check only) \_\_\_\_\_

### Four Ways to Register for a Training Workshop:

- 1. By Phone**  
Call the Connections office at 740.363.5000, Monday through Friday, 8:00 a.m. to 4:00 p.m. EST.
- 2. By E-mail**  
E-mail your registration to us at [spingry@helplinedelmor.org](mailto:spingry@helplinedelmor.org)
- 3. By Fax**  
Fax your registration 24 hours a day to 740.369.0351
- 4. By Mail**  
Fill out and mail the registration form above to:

Connections Volunteer Center  
Attn: Suzanne Pingry  
39 W. Winter Street  
Delaware, Ohio 43015

### About Connections

Founded in 1996, Connections coordinates the referral and placement of volunteers for more than 70 different agencies who offer more than 200 volunteer opportunities. In the past year, Connections matched 1,000 volunteers who engaged in over 20,000 hours of service to the community. Additional services of Connections include electronic fingerprinting and background checks - a critical part of the volunteer and employment process. An affiliate of HelpLine of Delaware and Morrow Counties, Inc., Connections core services are funded by United Way of Delaware County and Council for Older Adults.

#### Our Mission

Connections, the Delaware County Volunteer Center, is the central clearinghouse for volunteering to contribute to a healthy Delaware County.

#### Our Vision

Connections is the key local source for volunteering in Delaware County, bringing people together to meet the needs of community programs and acting as a catalyst for social change. Our goal is to provide the leadership, training, education and resources that support volunteers as they improve the quality of life in the Delaware community.

### Culture & Diversity - Tuesday, February 10



Sherene Gardner

#### Gay, Lesbian, Bisexual and Transgender (GLBT) Issues

*Supporting GLBT youth, families and staff*

GLBT persons cope with prejudice, discrimination and violence daily. The purpose of the workshop is to aid caring adults in creating safe environments for GLBT youth, families and staff members. In this session you will learn the stages of homosexual identity, how GLBT youth and families are at risk, and how to create a safe space.

#### Workshop Essentials

- Presenters:** Sherene Gardner, LISW-S, LSSW  
Guidance Counselor, Conger Elementary School
- Location:** Hayes Service Building, Room G-22  
140 N. Sandusky St., Delaware, Ohio
- Time:** 9:00 a.m. to 12:15 p.m.

### Internet Safety - Thursday, January 22



Julianna Nemeth

#### iSAFE Professional Development Program

*Educating parents and youth-serving professionals on creating safe and responsible internet experiences for youth*

i-SAFE's Professional Development Program will prepare youth-serving professionals to become i-SAFE program leaders and classroom Instructors. Participants will receive a comprehensive explanation of Internet safety concepts and have access to i-SAFE's entire web-based curriculum for grades K-12 and outreach components.

#### Workshop Essentials — 4 CEU's offered\*

- Presenter:** Julianna Nemeth, MA  
Prevention Director  
HelpLine of Delaware and Morrow Counties, Inc.
- Location:** Hayes Service Building, Room G-35  
140 N. Sandusky St., Delaware, OH
- Time:** 8:00 a.m. to 12:30 p.m.
- \*Cost:** \$70, includes curriculum book

### Grant Writing - Tuesday, February 24



Nancy Shapiro

#### Securing Grant Funding

*Developing a fundable and outcome-oriented grant proposal*

This workshop will provide information to assist in building grant writing skills, including the development of outcome-oriented objectives while emphasizing the benefit of coalitions and partnerships to the grant development process. Participants will learn to how to successfully fuse evaluation components into the initial application process to enhance an application. Attendees are encouraged to bring copies of grant requests or proposals for further development or evaluation.

#### Workshop Essentials

- Presenters:** Nancy Shapiro, MA, RN  
Assistant Health Commissioner, Personal Health  
Delaware General Health District
- Location:** Hayes Service Building, Room G-35  
140 N. Sandusky St., Delaware, OH
- Time:** 9:00 a.m. to 12:15 p.m.

Marketing & Communications - Tuesday, March 17

Counseling & Care - Monday & Tuesday, April 20 - 21



Rocky VanBrimmer

**Online Social Networking**

*Learning the benefits of launching your organization to web-based social networking groups.*

This course will be presented in 3 segments designed to teach the basic user the various mainstream social media sites. Segment 1 will identify social media tools like LinkedIn, Facebook and YouTube. Segment 2 will teach ways to leverage these to increase your personal and professional network. Segment 3 will focus on the impact social media has made in reaching out for community initiatives, fundraising, and community support.

**Workshop Essentials**

**Presenter:** Rocky VanBrimmer, Founder and Administrator  
The Central Ohio Network  
**Location:** Hayes Service Building, Room G-35  
140 N. Sandusky St., Delaware, OH  
**Time:** 9:00 a.m. to 12:15 p.m.



Julianna Nemeth

**ASIST: Applied Suicide Intervention Skills Training**

*Learning how to maximize your position of trust to help persons at risk for suicide*

Learn suicide first aid. The vast majority of those thinking about suicide will find some way to signal their intent. Most suicidal people are looking for another option. They don't want to die. But preventing suicide takes two people—a helper and the person at risk. ASIST, a model program developed by LivingWorks, is designed to help persons in a position of trust become more willing, ready and able to help persons at risk for suicide. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid.



Aimee McCann

ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide. Participants receive a 152-page *Suicide Intervention Handbook* and a full color, tear-resistant pocket card featuring intervention, and risk review and safe plan development principles.

This course is designed for all caregivers including professionals, physicians, pharmacists, teachers, counselors, youth workers, police and correctional staff, school support staff, clergy and community volunteers. Learn to recognize and estimate risk, and become more effective at helping people at risk. The benefits will live on.

**Workshop Essentials — 11 CEU's offered\***

**Presenters** Julianna Nemeth, MA, Prevention Director  
Aimee McCann, MSW, LISW-S, Family Education and Support Coordinator  
HelpLine of Delaware and Morrow Counties, Inc.  
**Location:** Hayes Service Building, Room G-35  
140 N. Sandusky St., Delaware, OH  
**Time:** 9:00 a.m. to 5:00 p.m. (both training days)  
**\*Cost:** \$195 per person, includes light breakfast, lunch and materials.

Ethics - Tuesday, April 7



Tammy Tingle

**Social Worker Ethics**

*Discovering the value and necessity of ethical practice in social work*

This presentation will provide information on the Board process of investigation and give participants an opportunity to discuss issues and ethical dilemmas that Social Workers and Counselors face every day. It is also an in-depth look at the Code of Professional Conduct, what not to do and the consequences licensees can face if they violate the rules that govern the profession.

**Workshop Essentials**

**Presenter:** Tammy Tingle, Investigator  
State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board  
**Location:** Hayes Service Building, Room G-22  
140 N. Sandusky St., Delaware, OH  
**Time:** 9:00 a.m. to 12:15 p.m.

**Stress Management - Tuesday, May 12**



**Cognitive Behavioral Theory**

*Understanding the cognitive process and its effects on behavior*

This workshop is designed to teach participants how to incorporate the basics of the Cognitive Behavior Therapy model as introduced by Albert Ellis into your practices or with your staff. Participants will be provided with an understanding of how one's thoughts, beliefs, and perceptions about situations create stress and affects the psychological, cognitive, and behavioral response to the situation.

**Workshop Essentials**

**Presenter:** Nancy Duffee, MA, Licensed Professional Counselor  
 Marti Godfried, MS. Ed., Licensed Professional Counselor  
**Location:** Hayes Service Building, Room G-35  
 140 N. Sandusky St., Delaware, OH  
**Time:** 9:00 a.m. to 12:15 p.m.



Marti Godfried

**Develop Your Board with Connections Training**



Connections offers year-round training and consultation services to corporate, government and nonprofit communities in such areas as:

- Board Development and Strengthening
- Board Orientation

To schedule your training or for more information, contact:

**Connections Volunteer Center at  
 740.363.5000**

[www.delawarecountyvolunteers.org](http://www.delawarecountyvolunteers.org)

**Stress Management - Tuesday, June 2**



Eileen Waters

**Issues of Deployment and Reintegration**

*Understanding the dynamics and challenges of military family life in today's context*

This workshop will focus on the newer issues that have emerged from military involvement in Iraq and Afghanistan, and will include commentary and discussion about recruiting, deployment, reintegration, multiple deployments, and the impact felt by the soldier and her/his spouse and family. Ultimately, the workshop will provide those working with soldiers and/or family members insight into the new challenges of military life.

**Workshop Essentials**

**Presenter:** Eileen Waters, MSW, Military and Family Life Consultant, MHN Government Services  
**Location:** Hayes Service Building, Room G-35  
 140 N. Sandusky St., Delaware, OH  
**Time:** 9:00 a.m. to 12:15 p.m.

**Manager's Training & Staff Development - Tues., June 9**



Sue Hanson

**Social Worker Supervision**

*Developing purposeful, goal-driven supervision of employees*

This workshop will assist managers in cultivating appropriate and effective techniques for supporting their staff in service delivery. While there are several key components to quality supervision, this session will focus on best practices and seek to increase understanding around these practices and challenge participants to identify their own strengths and areas of improvement in the area of supervision.

**Workshop Essentials**

**Presenter:** Sue Hanson, MSW, LISW-S  
 Executive Director  
 HelpLine of Delaware and Morrow Counties, Inc.  
**Location:** Hayes Service Building, Room G-35  
 140 N. Sandusky St., Delaware, OH  
**Time:** 9:00 a.m. to 12:15 p.m.

Senior Training & Development - Tuesday, June 23



Ruth Ann Linnabary

**Decrease Anxiety, Defy Aging**

*Defining and Recognizing Anxiety in Older Adults*

In this workshop, participants will learn how to assess and identify anxiety disorders in older adults. While growing older presents inherent changes, it does not automatically mean an increase in phobias, compulsive behaviors or anxiety disorders. Thus, the training will assist therapists in using current research to help in identifying and treating anxiety. Defying old definitions of aging can assist the client to engage in new behaviors and the growth model of growing older.

**Workshop Essentials**

**Presenter:** Ruth Ann Linnabary, ACSW, LISW  
Mental Health Liaison, Council for Older Adults  
Hayes Service Building, Room G-35  
140 N. Sandusky St., Delaware, OH

**Location:**

**Time:** 9:00 a.m. to 12:15 p.m.

Child Development - Tuesday, August 4



Aimee McCann

**Improving Emotional and Behavioral Outcomes in Children**

*Examining, Teaching and Supporting Parents of Behaviorally Challenged and Mentally Ill Children.*

This workshop will educate attendees about healthy and unhealthy behavior in children and families. Participants will learn skills that cultivate sensitivity to parents' caring for mentally ill children and support parents that are dealing with their own environmental and emotional limitations.

**Workshop Essentials**

**Presenter:** Aimee McCann, MSW, LISW-S  
Family Education and Support Coordinator  
HelpLine of Delaware and Morrow Counties, Inc.  
Hayes Service Building, Room G-35  
140 N. Sandusky St., Delaware, OH

**Location:**

**Time:** 9:00 a.m. to 12:15 p.m.

Counseling and Care - Tuesday, July 14



Patricia Stout

**Clinical Conversations on End of Life**

*Opening doors and being invited into the lives of the terminally ill and their loved ones.*

This workshop is designed to inform participants about Hospice and Bereavement care. The format for the training will include a panel discussion, case studies, lecture and discussion. This workshop is appropriate for nurses, social workers, counselors, mental health professionals, seminarians, clergy and other professionals.

**Workshop Essentials**

**Presenters:** Reverend Patricia Stout, BS Ed, M Div  
Chaplain, HomeReach Hospice  
Alta Williams, MSW, LISW  
Rita Young, RN, BSN, CHPN

**Location:** Hayes Service Building, Room G-35  
140 N. Sandusky St., Delaware, OH

**Time:** 9:00 a.m. to 12:15 p.m.

Counseling & Care - Wednesday, September 2



Joe Catania

**Treatment of the Substance Abuse Mentally Ill (SAMI) Population**

*Understanding treatment, symptom management and recovery for dual diagnosis clients*

This presentation will be an overview of substance abuse and dependence diagnosis and treatment. Various treatment models will be presented along with criteria for levels of care. Participants will be provided information on the prevalence of chemical dependency within the various Axis I criteria for Schizophrenia, Bipolar, Major Depression and other major mental illnesses.

**Workshop Essentials**

**Presenter:** Joe Catania, LISW, LCDCIII  
Supervisor, Partial Hospitalization Program  
The Woods at Parkside  
Hayes Services Building, Room G-35  
N. Sandusky St., Delaware, Ohio

**Location:**

**Time:** 9:00 a.m. to 12:15 p.m.

Child Development - Tuesday, October 6

Counseling and Care - Thursday, November 12



Paula Dinovo

**Autism Spectrum Disorder: An Overview**

*Understanding autism spectrum disorder and the social implications*

This workshop is an overview of Autism Spectrum Disorder and its affects on children from preschool to adulthood. Participants will learn methods to recognize individuals who may be at various points on the Spectrum. Additionally, a significant amount of time will be allotted to address questions that participants may have as they work with Spectrum individuals in varying situations.

**Workshop Essentials**

**Presenter:** Paula Dinovo, M.Ed., Educational Supervisor  
Delaware County Board of Developmental Disability  
Audrey Shifflett, MA, CCC-SLP, Language Pathologist  
The Delaware Speech and Hearing Center  
**Location:** Hayes Service Building, Room G-35  
140 N. Sandusky St., Delaware, OH  
**Time:** 9:00 a.m. to 12:15 p.m.



Audrey Shifflett



Shelly Wesner

**Alzheimer's Disease and Related Dementias**

*Understanding the prevalence and behaviors of dementia, while communicating the need for increased awareness*

Currently, there are 5.2 million Americans who are diagnosed with a type of dementia. This workshop will discuss the different types of dementia, including Alzheimer's disease - the most common. Participants will explore the different areas of cognitive decline and effective ways to communicate with a person diagnosed with dementia and their family. The workshop will also address caregiver concerns and how professionals can help care for the caregiver.

**Workshop Essentials**

**Presenter:** Shelly Wesner, MSW, LSW, Delaware Co. Coordinator  
Alzheimer's Association of Central Ohio  
**Location:** Hayes Service Building, Room G-35  
140 N. Sandusky St., Delaware, OH  
**Time:** 9:00 a.m. to 12:15 p.m.

Ethics - Tuesday, October 20

Counseling and Care - Wednesday, December 9



Tammy Tingle

**Social Worker Ethics**

*Discovering the value and necessity of ethical practice in social work*

This workshop will present information on the Board process of investigation and give participants an opportunity to discuss issues and ethical dilemmas that Social Workers and Counselors face every day. It is also an in-depth look at the Code of Professional Conduct, what not to do and the consequences licensees can face if they violate the rules that govern the profession.

**Workshop Essentials**

**Presenter:** Tammy Tingle, Investigator  
State of Ohio Counselor, Social Worker and  
Marriage & Family Therapist Board  
**Location:** Hayes Service Building, Room G-35  
140 N. Sandusky St., Delaware, OH  
**Time:** 9:00 a.m. to 12:15 p.m.



Barbara Jo  
Dennison

**Compassion Fatigue**

*Moving toward decreased tension and increased energy to care for yourself and others*

In this experiential workshop, participants will explore the theory of compassion fatigue/satisfaction, and through caregiver stories, learn coping mechanisms. Participants will also learn and practice techniques to decrease tension and diminished thought processing, while developing a plan for resiliency to intentionally provide care for yourself and others.

**Workshop Essentials**

**Presenter:** Dr. Barbara Jo Dennison, PhD, LISW  
Owner, Dennison Associates, Inc.  
**Location:** Hayes Service Building, Room G-35  
140 N. Sandusky St., Delaware, OH  
**Time:** 9:00 a.m. to 12:15 p.m.

*Note: Please come dressed comfortably to participate in the movement portions.*