

# May Staff Training Newsletter



## May is Mental Health Awareness Month

**QUICK LINKS**



### "Mental Health 101 for DCS Staff"

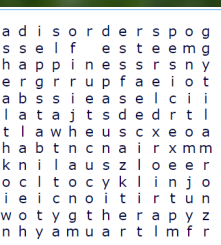
May 17th 1:00pm/ct to 2:30pm/ct  
Presented by Caitlin Ensley, Senior Director of Education and Outreach at the Mental Health Association of East Tennessee  
**Register Here**

### "The Importance of Individual, Team, and Agency Self-Care for Vicarious Trauma"

May 20th 12:00pm/ct to 1:00pm/ct  
Presented by Laura Toney, Licensed Professional Counselor at New Perspectives  
**Register Here**

### "Stress and Self-Care"

May 26th 1:00pm/ct to 2:30pm/ct  
Presented by Caitlin Ensley, Senior Director of Education and Outreach at the Mental Health Association of East Tennessee  
**Register Here**



**Mental Health Word Search**  
Click To Play  
**Coping Skills Search**



## Case Manager Resources

### Employee Assistance Program

Services and resources

- Online resources can be accessed via [Here4TN.com](http://Here4TN.com)
- More than 5,000 articles, videos, podcasts, webinars and newsletters
- Self-assessments and personal plans



855-Here4TN Here4TN.com

**OTPD is here to assist all DCS Staff with training materials, assignments and concept understanding. Submit a coaching session request HERE for a one on one and/or a group session.**

**Coaching/Support for YOU**

## May Inservice Classes

- Searches Skills Lab Middle
- DOHR Pyramid Classes Level 1-3
- CFTM Facilitation for the Case Manager (CHDE3041)
- Skilled Facilitator Certification (CHDE4017)
- Reaction Awareness: How to Show up During Conflict Day1 (CHDE3104)
- Secondary Traumatic Stress for Supervisors (CHDE2080)
- Developing Quality Permanency Plans (CHDE4047)
- Childcare Basics (CHDE3055)
- Basics of Parent Child Visitation (CHDE)
- Meaningful Parent/Child Visitation (CHDE4125)
- Babies: Comparative Development and Parenting across Four Cultures (CHDE1768)
- Listening Circles
- Safe Sleep Live Webinar (CHDE3076)
- Quality Contacts Workshop (CHDE3101) Full Day
- Quality Documentation (CHDE3092)
- Quality Documentation #2: Putting It Into Place (CHDE3094)
- Quality Documentation #3: Instructional Lab (CHDE3095)
- Talking with Kids

## Webinar

**May Webinars Click To Register**

- Rape Aggression Defense R.A.D. Program for Women Session 1 via Webinar
- Be the One: Talk, Listen, Connect Suicide Awareness & Prevention
- Regional Intervention Program: Introduction to Understanding and Addressing Challenging Behaviors in Children
- Child Welfare Community Lunch and Learn Series: Understanding Eating Disorders through a Trauma Perspective
- Rape Aggression Defense R.A.D. Program for Men Session 1 via Webinar
- Communication: Beyond the Basics

"Act as if what you do makes a difference. It does." - William James

## TFACTS CORNER

### Did you Know?

TFACTS Storyboards can be accessed via the Knowledge Base **CLICK HERE**

### Case Service Request Entry

- 5/2/2022 9:00am CST / 10:00am EST
- 5/3/2022 9:00am CST / 10:00am EST
- 5/4/2022 9:00am CST / 10:00am EST
- 5/11/2022 9:00am CST / 10:00am EST
- 5/16/2022 9:00am CST / 10:00am EST
- 5/17/2022 9:00am CST / 10:00am EST
- 5/18/2022 10:00am CST / 11:00am EST
- 5/19/2022 9:00am CST / 10:00am EST
- 5/19/2022 1:00pm CST / 2:00pm EST
- 5/25/2022 9:00am CST / 10:00am EST
- 5/26/2022 9:00am CST / 10:00am EST
- 5/26/2022 1:00pm CST / 2:00pm EST

### Custodial Placement Entry

- 5/2/2022 1:00pm CST / 2:00pm EST
- 5/18/2022 9:00am CST / 10:00am EST
- 5/19/2022 1:00pm CST / 2:00pm EST
- 5/25/2022 1:00pm CST / 2:00pm EST

### FSS Intensity Level

- 5/9/2022 12:30pm CST / 1:30pm EST

### Custodial Perm Plan w/ IL Needs & Strengths

- 5/17/2022 10:00am CST / 11:00am EST
- 5/26/2022 1:00pm CST / 2:00pm EST

### Non-Custodial Perm Plan Entry

- 5/5/2022 9:00am CST / 10:00am EST
- 5/17/2022 1:00pm CST / 2:00pm EST
- 5/18/2022 1:00pm CST / 2:00pm EST

### Document Storage

- 5/23/2022 10:00am CST / 11:00am EST
- Need and Action Step Basics**
- 5/24/2022 9:00am CST / 10:00am EST
- Utilizing Electronic Case File**
- 5/24/2022 10:00am CST / 11:00am EST
- 5/25/2022 1:00pm CST / 2:00pm EST
- Managing Strengths, Needs, and Action Steps**
- 5/26/2022 9:00am CST / 10:00am EST

**REGISTER TODAY**

## MI MEME OF THE MONTH



## TRAINING SPOTLIGHT!

### Listening Circles

In today's move to work remotely, it has never been more important for DCS Staff to feel that they are a part of a community and heard. All staff are invited. **Find a circle HERE**

### Mindfulness Matters

Mindfulness provides a foundation to advance our ability to regulate and emerge even stronger than before. Open all DCS STAFF Wednesdays from 9:00 - 9:30ct (10:00-10:30et)

## What is "Your Why"?

I remember being a 9 year old child growing up in Knoxville, Tennessee hearing on the news about a horrible situation where a 4 year old child in Cleveland, Tennessee was beaten, made to drink hot sauce and other horrific acts by her parents and subsequently died. I remember thinking to myself how could someone ever do that to a sweet little girl and thinking how scared she must have been. It was very hard for me to comprehend as I was so very blessed with wonderful loving parents and have never endured that type of pain. It is when I heard about that sweet, innocent child, I decided at the ripe old age of 9 that no child would ever hurt like that, again. I held true to that statement and have been with the Department of Children Services since 1989 and have spent my career trying to "give back" to those in need as I was so very Blessed growing up and continue to be Blessed to this day.

I worked front line CPS investigations from November 1989 until November of 2017 when my heart could no longer endure the heartache. Since November of 2017 I have been a Reader at the Child Abuse hotline where I am able to continue to help in a different way.

This is my "why"

Betsy Dunn-Medley  
Child Protective Services Reader-CM3

Want to share "Your Why" in an upcoming newsletter?  
Send to [angela.h.ryan@tn.gov](mailto:angela.h.ryan@tn.gov)

