



DCS Staff Training JULY NEWSLETTER

July is Social Wellness Month

During Social Wellness Month in July, break out of your fixed routine and vow to meet new people. This is because social wellness is all about your capability to bond with others and build satisfying relationships. Why is this so important? Well, the fact is, the more people you meet, the more likely you are to develop new hobbies and embark on journeys you never even imagined you would be a part of. You will get to hear new jokes, experiment, go to new places, get involved in new activities, etc. Most importantly, social relationships have a lasting impact on physical health!

QUICK LINKS | **TRAINING CALENDAR** | **NEW HIRE GUIDES** | **change MOTIVATIONAL INTERVIEWING** | **FOSTER PARENT TRAINING NEWS** | **OTPD DIRECTORY HERE** | **SAFETY MATTERS**

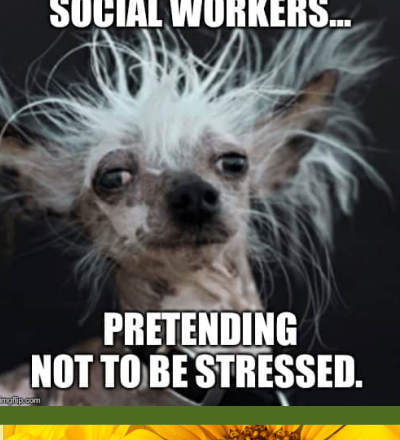
Social Wellness Video
TOP 10 WAYS TO CREATE NEW SOCIAL CONNECTIONS

Testimonials

Are you using your MI Skills?
 We want to hear about it.
 Send us your success stories to Angela.H.Ryan@tn.gov

July **LIVE** Webinar Register Today

Community: What Foster Parents Need to Know about Human Trafficking in TN	7/14/2022 5:30 PM
Community Session 2. Identifying and Reporting Human Trafficking	7/19/2022 1:00 PM
Lunch and Learn: Ollie Otter Seat Belt Safety Program	7/26/2022 11:00 AM
Movie Discussion: Let's Talk About Bruno Encanto!	7/26/2022 5:30 PM



**SOCIAL WORKERS...
 PRETENDING NOT TO BE STRESSED.**

FUN FACT

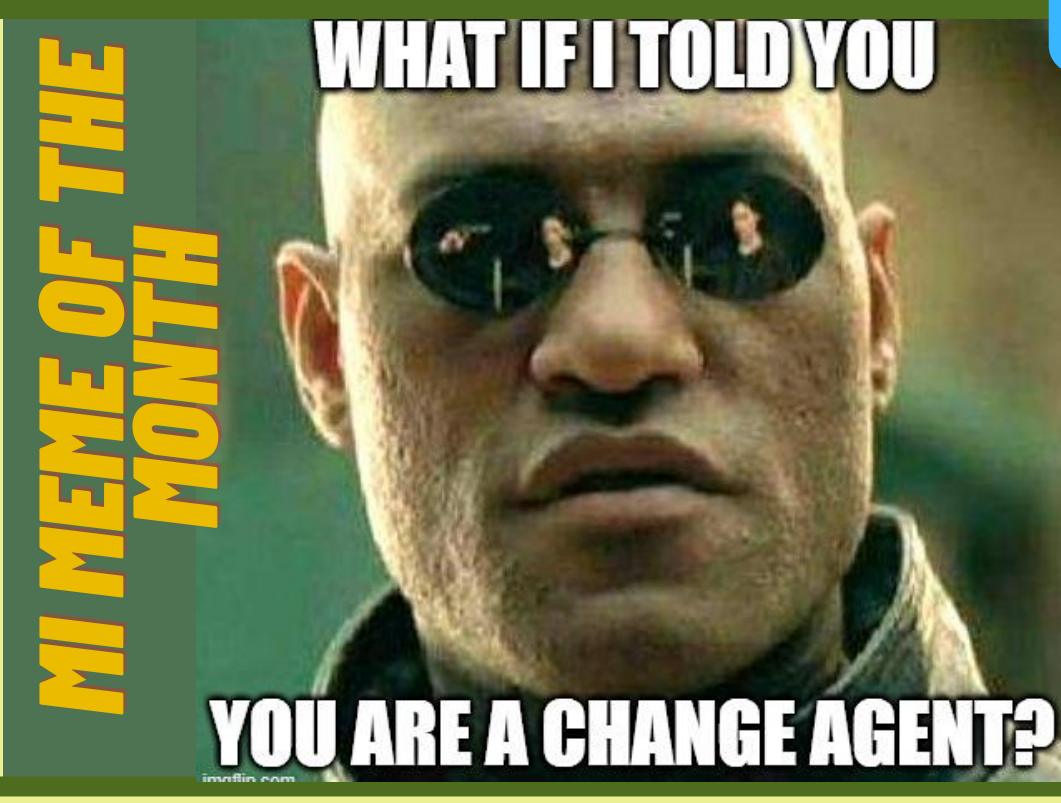
ABOUT SOCIAL WELLNESS

- No stress. Those with a social network handle stress better.
- Americans feel lonely. Around 20% of Americans feel isolated in their free time.
- Improving health. Laughter, touching, and hugging can improve health.
- Being alone- Lack of companionship can increase cholesterol levels.
- Love and warmth from people. Love and warmth from people can increase immunoglobulin levels.

JULY INSERVICE

- Building Strong Brains (CHDE3066)
- Butterfly Circus (CHDE1772)
- CFTM Facilitation for the Case Manager (CHDE3041)
- Childcare Basics (CHDE3055)
- Commercial Sexual Exploitation of Minors (CSEM (CHDE3048)
- Communicating for Conflict Resolution
- Creating Normalcy Through Prudent Parenting
- Developing Quality Permanency Plans (CHDE4047)
- Handle with Care--Verbal Only (CHDE5553)
- QPR: Question Persuade Refer (CHDE3071)
- Quality Contacts Workshop (CHDE3101)
- Listening Circles
- MI Booster - OARS
- MI Booster- Change Talk
- MI Booster- Spirit of MI
- MI Booster-Documentation
- Reaction Awareness: How to Show up During Conflict (CHDE3104)
- Safe Sleep Live Webinar (CHDE3076)
- Searches, Mechanical Restraints & Transportation (CHDE5501)
- Skilled Facilitator Certification (CHDE4017)
- Trauma 101 (CHDE3106)
- Trauma Informed Child Welfare for Case Managers (CHDE3108)
- Working with LGBTQ+ Youth(CHDE1775)

REGISTER HERE



MI MEME OF THE MONTH

TRAINING SPOTLIGHT!

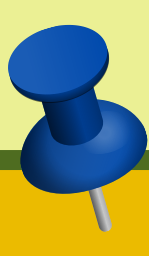
Mindfulness Matters
 Mindfulness provides a foundation to advance our ability to regulate and emerge even stronger than before. Open to all DCS STAFF Wednesdays from 9:00 - 9:30ct (10:00-10:30et)
 Email Julie.Rotella@tn.gov to reserve your spot.

HOW TO CELEBRATE SOCIAL WELLNESS MONTH

1. Plan a group activity - Go sailing, running, bowling, or any other activity you like to do with friends. The point is to be surrounded by people and simply have a good time.
2. Make a new friend- To build a network, you must make a new friend. This may be tough for a few people but it really isn't as hard as it sounds. You can easily interact with people at a gym, a coffee shop, a bookstore, etc.
3. Volunteer- Celebrate the month by volunteering at a children's home, an old age home, or any other place where you will get a chance to interact with new people.

TFACTS CORNER

TFACTS PLAYGROUND	CLICK HERE	Case Service Request Entry
		7/5/2022 9:00am CST / 10:00am EST
		7/7/2022 9:00am CST / 10:00am EST
		7/7/2022 1:00pm CST / 2:00pm EST
		7/11/2022 9:00am CST / 10:00am EST
		7/20/2022 9:00am CST / 10:00am EST
		7/21/2022 1:00pm CST / 2:00pm EST
		7/25/2022 9:00am CST / 10:00am EST
		7/25/2022 1:00pm CST / 2:00pm EST
		Custodial Perm Plan Entry
7/6/2022 9:00am CST / 10:00am EST		
7/19/2022 9:00am CST / 10:00am EST		
7/20/2022 1:00pm CST / 2:00pm EST		
7/21/2022 9:00am CST / 10:00am EST		
7/27/2022 1:00pm CST / 2:00pm EST		
FSS Intensity Level		
7/7/2022 9:00am CST / 10:00am EST		
7/19/2022 1:00pm CST / 2:00pm EST		
7/28/2022 9:00am CST / 10:00am EST		
Non-Custodial Perm Plan Entry		
7/8/2022 9:00am CST / 10:00am EST		
7/21/2022 1:00pm CST / 2:00pm EST		
7/26/2022 9:00am CST / 10:00am EST		
Custodial Placement Entry		
7/8/2022 1:00pm CST / 2:00pm EST		
7/14/2022 9:00am CST / 10:00am EST		
7/18/2022 1:00pm CST / 2:00pm EST		
7/26/2022 9:00am CST / 10:00am EST		
Need & Action Step Basics		
7/25/2022 1:00pm CST / 2:00pm EST		
Document Storage		
7/27/2022 10:00am CST / 11:00am EST		
7/28/2022 1:00pm CST / 2:00pm EST		
Click Date to Register		



REMINDER

Annual Training Due Sept 30th
 The training calendar for July - September Offerings is available. You can register for classes from either the [Staff Offerings page](#) or the [Training Calendars page](#). You can also checkout July classes below. July begins the last quarter of the training year, and all training hours and mandatory classes are due to be completed before the end of September. You can use this [Training Checklist](#) to make sure that you are compliant with all training requirements.



OTPD MICRO-LEARNING IS HERE

TRAINING IN THE PALM OF YOUR HAND.



SCAN ME