



# CYD'S PROFESSIONAL DEVELOPMENT WORKSHOPS

[WWW.CYDBARTHLOMEW.ORG](http://WWW.CYDBARTHLOMEW.ORG)

Council for Youth Development (CYD) provides workshops, training, and certifications to youth care workers, parents/caregivers, and community members in order to advance a culture of positive youth development and promote family well-being in Bartholomew County. We provide [FREE community workshops](#) at the Columbus Learning Center throughout the year. We can also facilitate the following workshops for your organization or group at either your location or the Columbus Learning Center.



## [Developmental Relationships](#)

**Description:** This workshop is designed to help adults in the community understand and focus on the five elements of the Search Institute's Developmental Relationships framework to build more meaningful relationships with youth in their lives.

**Length:** 2 hours      **Facilitators:** Trained by the [Search Institute](#)

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## [Understanding Adverse Childhood Experiences \(ACEs\)](#)

**Description:** This workshop is designed to introduce adults in the community to the ACE study findings and implications and supply ideas for how we can help reduce the harmful effects of ACEs in our community as well as shift the dynamics that lead to high ACE scores in Bartholomew County.

**Length:** 2.5 hours      **Facilitators:** Trained by the [ACEs Indiana Coalition](#)

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## [Youth Mental Health First Aid \(for Adults Assisting Children & Youth\)](#)

**Description:** [YMHFA](#) is a certification course/training designed to teach adults how to help a child or adolescent who is experiencing a mental health or addictions challenge or is in crisis.

**Length:** 8 hours (6 of in-person training; 2 of online coursework prior to session)

**Facilitator:** Trained by the [National Council of Mental Wellbeing](#)

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## [Mental Health First Aid for Adults](#)

**Description:** [MHFA for Adults](#) is a certification course/training designed to teach adults how to help another adult who is experiencing a mental health or addictions challenge or is in crisis.

**Length:** 8 hours (6 of in-person training; 2 of online coursework prior to session)

**Facilitator:** Trained by the [National Council of Mental Wellbeing](#)

If you are interested in requesting a workshop or would like to learn more, please fill out the [CYD Professional Development Workshop Request Form](#). **Please note:** All blue, underlined text can be clicked for a direct link. **Contact:** Allison Stidam, CYD's PD Coordinator - [allison@cydbartholomew.org](mailto:allison@cydbartholomew.org)