



ACT Facilitator Training Program for Professionals

May 20-21, 2019, 8:30 a.m. - 4:30 p.m.

Education Center in the Gundersen Onalaska Clinic
311 Gundersen Drive, Onalaska, WI 54605

Presented by Jeff Reiland, MS, Child and Family Therapist
Gundersen Health System
ACT Master Trainer

GUNDERSEN
NATIONAL CHILD
PROTECTION TRAINING CENTER

ABOUT ACT

ACT Facilitator Training is intended for professionals and organizations working with parents and caregivers of early childhood and young school-age children, and child maltreatment prevention agencies. Participants will learn how to facilitate ACT Raising Safe Kids (ACT), a parenting program developed by the American Psychological Association.

ACT has been recognized by the Centers for Disease Control, Head Start, the World Health Organization, Crime Solutions and the California Evidence-Based Clearing House as an effective parenting program. It is a cost-effective program to train in and to deliver to parents at a grass-roots level. Through ACT, parents and primary caregivers of children, ages 0-8, attend groups designed to prevent child maltreatment; build positive, nonviolent parenting skills; and prevent or reduce children's aggression and related behavior problems.

Research on ACT indicates that parents who completed the program considered it to be non-judgmental. They enjoyed the interactive and participatory classes and are using more effective, nonviolent methods of parenting. In addition, research demonstrates that program completers use less physically violent discipline, and their children have fewer behavior problems. This emerging best practice is a perfect fit to address the needs of families in communities throughout the U.S.

A key strength of ACT is the high level of parent engagement. Adults learn best when they are actively engaged in the learning experience. The facilitator training mirrors this by using materials and activities from the curriculum and helping participants (future facilitators) gain familiarity and confidence in using the program curriculum.

During ACT Facilitator Training, strategies will be discussed for keeping participants motivated and engaged in the program, implementing the program in your agency or community, and troubleshooting challenges and barriers.

INSTRUCTOR

Jeff Reiland has been a child and family therapist in the Gundersen Health System for 33 years. He holds masters degrees in marriage and family therapy and in guidance and counseling. Jeff has facilitated programs for parents of children with mental health problems for the past seven years. Jeff is an ACT-Raising Safe Kids Master Trainer.

COURSE OBJECTIVES

- Identify the risk factors for violence and its consequences in children's lives.
- Describe and use practical methods of discipline with children.
- Recognize protective factors and skills for effective parenting (such as anger management, peaceful conflict resolution, positive discipline and screen/media violence education).
- Identify strategies for planning and implementing a successful parent group program in their agency or community.
- Use skills learned to participate in community-wide prevention efforts with a support network of professionals.

The two-day training program is very interactive and uses self-discovery learning. Participants will have the opportunity to engage in small and large groups, individual work, multimedia presentations and role-playing.

CONTACT INFORMATION

If you have questions or need additional information, please contact Joan Rickaway at JIRickaw@gundersenhealth.org or call 608 775-2826.

CANCELLATION POLICY

A full refund of symposium fees will be made if cancelled 72 hours prior to the conference. With less than 72 hour notice, 80 percent will be refunded. No refund will be made after the conference.

ADA

In accordance with the Americans with Disabilities Act, Gundersen Medical Foundation seeks to make this conference accessible to all. If you have a disability which might require special accommodations please e-mail your needs to: Inketelh@gundersenhealth.org or call (608) 775-4891. For more resources check out the ACT website at actagainstviolence.apa.org.



AGENDA

Monday, May 20

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| 8 to 8:30 a.m. | Registration and light breakfast |
| 8:30 to 9 a.m. | <ul style="list-style-type: none"> • Introductions and general Information • Introduction about the workshop • General review of the ACT program Review of the ACT kit • Review of the program curriculum |
| 9 to 10:30 a.m. | <ul style="list-style-type: none"> • Concepts of Motivation and Change: • Pre-Program meeting • Child Development: Session 1 |
| 10:30 to 10:40 a.m. | Break |
| 10:40 a.m. to Noon | Impact of Violence on Children: Session 2 |
| Noon to 1:00 p.m. | Working lunch |
| 1 to 3 p.m. | <ul style="list-style-type: none"> • Anger Management for Adults: Session 3 • Helping Angry Children: Session 4 |
| 3 to 3:15 p.m. | Break |
| 3:15 to 4:30 p.m. | <ul style="list-style-type: none"> • Children and Electronic Media: Session 5 • Wrap-up of the day |

Tuesday, May 21

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| 8 to 8:30 a.m. | Registration and light breakfast |
| 8:30 to 10 a.m. | Discipline and Parenting Styles: Session 6 |
| 10 to 10:15 a.m. | Break |
| 10:15 a.m. to 12:15 p.m. | Discipline for Positive Behaviors: Session 7 |
| 12:15 to 1:15 p.m. | Working lunch |
| 1:15 to 3:30 p.m. | <ul style="list-style-type: none"> • Implementing the ACT program: Session 8 • Debriefing |
| 3:30 to 4:30 p.m. | <ul style="list-style-type: none"> • The ACT regional centers • ACT facilitator certification process • Workshop post-evaluation • Distribution of certificates • Final wrap-up |

REGISTRATION

For quick and easy online registration, go to www.gundersenhealth.org/ACT-training.
Registration deadline is April 30, 2019.

Advance Registration is required to order kits.

Registration fee is \$250 for the two-day training

Fee includes breakfast and lunch each day and one ACT kit (\$150 value) with:

- Facilitator manual
- Program materials on DVD
- Parent Handbook
- The Full Evaluation Guide
- A Guide to Children's Activities During the ACT 9-Week Program for Parents
- Motivational Interviewing book
- Teach Carefully booklet
- RETHINK reminder card
- Understanding Child Development as a Violence Prevention Tool booklet
- Additional supplemental digital copies of:
 - Between session email summary templates
 - Companion Manual of Children's Program Activities (60 pages)
 - Refrigerator poster reminders of key points of week
 - Feelings Intensity family activity
 - Anger Umbrella
 - REACH screen time reducing strategies

WHO SHOULD ATTEND

Professionals and organizations working with caregivers of children 0-8 years old including:

- case managers
- childcare workers
- clergy
- counselors
- educators
- family therapists
- law enforcement personnel
- marriage therapists
- mediators
- mental health workers
- nurses and medical staff
- psychologists
- social workers
- other related fields

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