



# Child Wellness Institute of New Jersey Training Menu

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## Overview

At the Child Wellness Institute of New Jersey, our focus is to build resilience within children and families. We offer engaging, research-informed trainings, workshops, and consultation on topics that promote child and family wellness. We can customize both online and in-person trainings for professionals, parents, and adolescents.

Our dynamic trainers are highly skilled and provide practical tools and strategies to help you work more effectively with children and families. Our team of expert trainers can come on-site to deliver a training at your school or organization!



**CHILD  
WELLNESS  
INSTITUTE**  
OF NEW JERSEY

# TRAINING MENU AT A GLANCE

## Training Topics for Professionals

- Child Abuse and Neglect Prevention
- Companies That Serve Children: Keeping Kids Safe
- Domestic Minor Sex Trafficking 101: Overview and Prevention
- Emotional Abuse Prevention
- Enough Abuse: Sexual Abuse Prevention
- From Awareness to Action: Bullying/Peer Abuse Prevention
- From Survivor to Thriver: Working with Victims of Sexual Exploitation
- Healing Hearts: Trauma
- Protective Factors
- Promoting Healthy Interactions: Positive Discipline
- Safety, Confidentiality and Boundaries



## Programs for Youth and Communities

- Exposing Exploitation School Assembly
- Empowering Young Men to End Sexual Exploitation
- My Life, My Choice
- Documentary Film Screenings

## How It Works:

**You provide the space and the audience. We will do the rest.**

Most of these training topics can be offered in full-day, half-day, and workshop formats. Workshops can be tailored to small groups or large audiences of 100+ professionals. All workshops are tailored to fit the needs of your unique audience. We supply expert trainers and all the materials needed to make your workshop a success.

## Child Abuse and Neglect Prevention

This training will inform participants about the four types of abuse and the physical and behavioral signs and symptoms of each. Participants will learn what factors may lead a person to abuse a child. Participants will discuss the laws that surround reporting child abuse and neglect and what information to obtain before making a report of suspected child abuse and neglect. Participants will also learn the importance of the prevention of child abuse and neglect as well as the short and long-term effects of abuse on children and society.

Length of Workshop: 1.5 hours

## Companies That Serve Children: Keeping Kids Safe

Companies That Serve Children is a Child Abuse and Neglect Prevention training for organizations that work with high volumes of children and want to better educate their staff on keeping children safe. This training will provide adult staff with basic info on NJ child abuse and neglect data, identifying risk factors, establishing prevention policies, identifying and reporting incidents when needed, and helping organizations create Codes of Conduct for staff.

Length of Workshop: Half day, Full day



# Domestic Minor Sex Trafficking 101: Overview and Prevention

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At the end of this workshop, participants will be able to define DMST and the conditions that support it, identify signs and red flags of potential victims, and how to report and implement prevention strategies to protect youth from trafficking.

Length of Workshop: 2 hours, half-day, or full day



## Emotional Abuse Prevention Sticks & Stones: Words as Weapons

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The American Academy of Pediatrics cites emotional abuse as the most challenging and prevalent form of abuse. This training will address the complexities of emotional abuse and give participants an understanding of what is considered abuse and what is not. While prevalence, harm and risk factors will be discussed, prevention will be the focus.

Length of Workshop: 2 hours

## Enough Abuse: Child Sexual Abuse Prevention

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If you want to reduce risk and prevent trauma caused by child sexual abuse, these workshops can help. PCA-NJ is pleased to offer these sessions on prevention methods and the effects of child sexual abuse and victimization.

PCA-NJ offers four workshops from the Enough Abuse Campaign, including:

- Enough Abuse: Strategies for your Family and Community
- Understanding & Responding to the Sexual Behaviors of Children
- It's Not Just Jenna
- Strategies for Schools and Youth Serving Organizations

Length of Workshop: 2 hours

## From Awareness to Action: Bullying/Peer Abuse Prevention

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Find out how we can all make a difference in classrooms and cafeterias, and on buses and other school grounds. Participants will learn what bullying looks like, who is at risk for becoming a target, recognizing red flags, strategies for intervening, and understanding your district's Harrassment, Intimidation and Bullying (HIB) policy.

Length of Workshop: 1.5 hours



## From Survivor to Thriver: Working with Victims of Sexual Exploitation

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From Survivor to Thriver: Working with Victims of Commercial Sexual Exploitation (CSEC) teaches helping professionals to support victims of CSEC through their recovery process. The training reviews trauma and trauma informed principles and provides skill-building techniques of Motivational Interviewing. It covers the impact of trauma, responding to victims, the stages of change, additional resources, and vicarious trauma of family members and professionals.

Length of Workshop: Full Day

# Healing Hearts and Improving Childhood Outcomes (Trauma)

The Healing Hearts Series of workshops provides an overview of the impact of trauma and Adverse Childhood Experiences (ACEs) on the developing child. Teachers, administrators and staff who work with children will learn how trauma/toxic stress impacts a child’s brain, body and development; thus affecting a child’s behavior. Participants will learn healthy, nurturing strategies to “repack the backpack” and promote a calm, learning environment, as well as receive resources to continue their learning after the training.

PCA-NJ offers five workshops from the Healing Hearts Series, including:

- Trauma 101
- Trauma-Informed Care
- Trauma & Resilience
- Trauma and the Importance of Self-Care
- Parent Workshop

Length of Workshops: 2 hours

"Healing Hearts was the most amazing training I have been to because it shed light on trauma and the impact on our children. I no longer ask why is that child acting like that but rather what happened to that child and how can I better work with them?"



## Protective Factors

Participants will learn about the 5 protective factors—Parental Resilience, Social Connections, Concrete Support in Times of Need, Knowledge of Parenting and Development, and Social Emotional Competence of Children— and how to strengthen families to reduce the risk of child abuse and neglect.

Length of Workshop: 2 hours, half day, or full day

## Promoting Healthy Interactions: Discipline

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This workshop will encourage parents and professionals to explore the meanings behind behaviors. Attendees will learn about temperament, examine challenging behaviors, consider responses to behaviors, and understand the difference between discipline and punishment.

Length of Workshop: 2 hours



## Safety, Confidentiality, and Boundaries

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Provides information, reminders and tools for personal safety in the office and in the field, plus definitions/overview/importance of confidentiality and boundary setting when working with families. Interactive training includes lecture, small and large group discussion, case studies, and review of workplace policies when available.

Length of Workshop: 2 hours

## Request a training today!



Visit: [childwellnessinstituteofnj.org](http://childwellnessinstituteofnj.org)



Call: 732-246-8060



E-mail: [info@childwellnessinstituteofnj.org](mailto:info@childwellnessinstituteofnj.org)

# PROGRAMS FOR YOUTH AND COMMUNITIES

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## **Exposing Exploitation School Assemblies**

This interactive presentation is ideal for a group of students or school community to educate about the realities of commercial sexual exploitation here in NJ and encourage them to take action to end child sex trafficking. Presentation is typically 1– 2 hours.

## **Empowering Young Men to End Sexual Exploitation**

Empowering Young Men developed by the Chicago Alliance Against Sexual Exploitation is a dynamic 5-session program that engages boys ages 14-18 in a discussion about masculinity, gender roles, and the commercial sex industry. The goal is to educate young men about the harms of the sex trade and encourage them to be allies in the fight against commercial sexual exploitation. PCA-NJ is the State Leader for Empowering Young Men in New Jersey.

## **My Life, My Choice**

My Life My Choice developed by Justice Resource Institute is a 10-session Exploitation Prevention curriculum for girls ages 12-18. It is designed to change girls' perceptions of the commercial sex industry, as well as build self-esteem and personal empowerment. The goal is to prevent their recruitment into commercial sexual exploitation. (A reduced 4-session option is available.) PCA-NJ is the State Leader for My Life My Choice in New Jersey.

## **Documentary Film Screenings**

PCA-NJ owns the viewing rights for several documentary films that shine the light on important issues related to child and family wellness. We offer a 2-3 hour presentation that includes viewing the film and a facilitated discussion about the issue.

## Contact us for a quote!



Call: 732-246-8060    E-mail: [info@childwellnessinstituteofnj.org](mailto:info@childwellnessinstituteofnj.org)

