

Online CARE Workshop - 8/26 & 8/27

Registration: Sign up by clicking the link or scanning the QR code.

online registration link: <https://redcap.kumc.edu/surveys/?s=XEEARPY8R834WX8K>



Join us: 2 sessions: Tuesday 8/26 from 9-11 AM and Wednesday 8/27 from 9-11 AM.

About: CARE Training is an online interactive workshop hosted via Zoom and is free to attend. Each session contains new content, so please plan to attend both sessions. Registration is capped at 22 participants. If you register and are then unable to attend, please let us know so we can give your spot to another participant. Certificates of attendance will be provided. Learn about the CARE workshop, audience and more below.

Contact for questions: telehealthrocks@kumc.edu



What is CARE?

- Child-Adult Relationship Enhancement (CARE) is a **trauma-informed prevention program** for adults who work with children.
- This **highly interactive workshop** involves learning and practicing skills to help manage challenging behavior.
- CARE is based on principles of the well-known and effective intervention program of Parent Child Intervention Therapy (PCIT). CARE strategies are based on decades of research in child development and behavior management.

Our goal is for EVERYONE to use good behavior management and relationship building skills.



Who is CARE for?

- **Parents and caregivers of young children**
- **Mental health providers**, such as psychiatrists, therapy providers, case managers, attendant care, and respite workers
- **Education professionals**, such as teachers, headstart or daycare providers, paraprofessionals
- **Medical providers**, such as pediatricians/family medicine doctors, nurses, OT, PT, SLP
- **Foster care** caseworkers, foster parents, child victim advocates
- **Support staff** who come in contact with children

Anyone who wants to interact with children in a positive and meaningful way!



How does CARE work?

- CARE uses the 3 P skills (Praise, Paraphrase, Point Out Behavior) to connect with children.
- Attendees will learn preventative strategies to do with children on a daily basis, to improve behavior and reduce tantrums!
- Strategies are taught for giving directions in a way that children are most likely to follow through.
- We also cover a set of ignoring techniques to redirect problematic behaviors.

The interactive nature of the training means skills are taught and practiced, and participants are given individual feedback - all in real time.



Results

Research shows attending CARE workshops leads to...

For children of attendees:

- Fewer behavior problems
- Less anxiety

For parents attending:

- Greater sense of empathy for their children
- Greater value for child autonomy
- Less use of ineffective discipline

For providers (including behavior specialists) attending:

- High quality
- Would recommend to colleagues
- Useful for those with and without behavior training/expertise
- Provides novel ways of teaching parents skills