

Community and Professional Development Training Program

# Training Menu-at-a-Glance



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Maryland Center for Developmental Disabilities  
at Kennedy Krieger Institute

## Program Overview

The Community and Professional Development Training Program at the Maryland Center for Developmental Disabilities (MCDD) at Kennedy Krieger Institute is committed to partnering with local and state agencies, national leaders, people with disabilities and their families, health and allied health professionals, and community members to provide technical assistance, evaluation and evidence-based training across a broad spectrum of topics, in order to improve quality of life for people with disabilities and their families. Our training mission is to increase awareness, knowledge and competency in a wide range of settings and across a number of categories of content. Our goal is to support and enhance professional development opportunities for professionals and community members and expand their knowledge and skills to engage in effective advocacy.

The MCDD is committed to training agencies and community groups through customized workshops. By customizing the workshops, the MCDD has the opportunity to assess the training needs of an agency or community group, and the agency or group has the opportunity to work with the MCDD to design a program, from these and other topics not listed in this catalog, that is relevant to the agency's or group's mission and goals. Please contact us at [Training.MCDD@KennedyKrieger.org](mailto:Training.MCDD@KennedyKrieger.org) to discuss your workshop needs, or visit our training page online at [KennedyKrieger.org/MCDDTraining](http://KennedyKrieger.org/MCDDTraining) for more information and a full list of available training workshops and sessions.

## School and Community

### ACT Raising Safe Kids—for Parents and Caregivers

The ACT program is an early prevention intervention focusing on parents and caregivers of young children. Its purpose is to teach positive parenting skills and practices that help create stable, safe, healthy, nurturing environments and relationships that protect children from adverse experiences, such as abuse and neglect, and the lifelong consequences of those experiences.

### ACT Raising Safe Kids—for Professionals

This two-day workshop is designed to train and certify professionals as ACT facilitators who will conduct the ACT program curriculum for groups of parents and caregivers of young children in their communities. The ACT facilitator training workshop incorporates adult learning theory and an interactive, experiential format to engage professionals in learning and practicing the content and concepts of the program's nine-session curriculum. The workshop includes a thorough review of the program materials, and the simulation of activities outlined in the curriculum, which participants will use with future groups of parents. Participants are evaluated before and after the session.

### Communicating With Culturally Diverse Parents of Exceptional Children

In order for parents of students with disabilities to be meaningfully involved as members of their child's academic and medical care, they first need to feel welcomed, informed and valued. When professionals deliberately and proactively utilize culturally-responsive strategies to provide information, resources and support to families who are from diverse cultures or who speak another language, they create opportunities for meaningful family engagement. Ultimately, this yields better outcomes for children with disabilities. Drawing from the latest research and clinical experiences working with diverse clients, this workshop will provide professionals with practical tips and information that they can use to foster better and more comprehensive relationships with culturally diverse families.



### Early Screening of Children for Developmental Delays: How Parents and Providers Can Help

Parents, community providers, and clinic-based organizations and professionals play a key role in the early identification of young children with developmental delays and the facilitation of early referrals for further evaluation and intervention. When children are not screened early and routinely, opportunities for early identification, referral and intervention are delayed. This session is designed to expand participants' awareness and knowledge of early screening for developmental delays and the need to use practical, culturally responsive and reliable standardized screenings. Participants will gain skills that will increase their confidence and intent to identify and refer children for intervention earlier rather than later.

### Suicidal Behaviors in People With Intellectual and/or Developmental Disabilities: Strategies for Successful Care

People with intellectual and/or developmental disabilities (IDD) are at increased risk for undetected suicidal thoughts and behaviors and for developing suicidal thoughts and behaviors, which usually creates high anxiety for professionals, parents and caregivers caring for and working with them. This workshop aims to increase professionals', parents'

and caregivers' knowledge and skills to recognize risk and protective factors, warning signs, and suicidal behaviors in people with IDD, and to facilitate early referral of those at risk for suicide.

### **Grief and Loss: Guiding and Supporting Individuals With Intellectual, Developmental and Other Disabilities Through the Experience**

People with intellectual and developmental disabilities (IDD) and other disabilities are often excluded from rituals and information about death and loss because of the false assumption that they do not comprehend death or experience grief and loss. Just like people without disabilities, people with IDD also experience the death of family members, pets, friends and support service providers. They, too, respond to loss and share the same reality of death as the absence of life. This workshop will help providers and families increase their knowledge about grief and loss experiences for individuals with IDD, and their skills on guiding and supporting them through the processes of grief and loss, while accounting for cultural differences.

### **Promoting Positive Mental Health Outcomes for Black Youth: How Providers and the Faith Community Can Help**

Given the goal of Healthy People 2020 to achieve health equity, eliminate disparities and improve the health of all groups, there is the need for coalition-building and strategies for promoting positive mental health outcomes for Black youth. Community, faith and clinic-based organizations and professionals play a key role in promoting health among various groups, including groups marginalized due to race or ethnicity, and therefore need to embed cultural and linguistic competencies into their practice for successful care outcomes and in addressing health disparities. This workshop will provide a unique opportunity to learn about the prevention of health disparities and effective strategies that promote positive mental health outcomes for Black youth. This seminar reflects continuing education program content that is intended to meet the state of Maryland license requirement of enhancing competency in the provision of psychological services to culturally diverse populations.



### **Sexuality and Developmental Disabilities: A Workshop for Parents and Caregivers**

Talking about sexuality with children and young adults with developmental disabilities can be a difficult task. To help parents and caregivers become more comfortable with talking about sexuality, this workshop will cover what aspects of sexuality to talk about, when to talk about sexuality, and the most effective ways to have these discussions.

### **Sexual Health and Intellectual and Developmental Disabilities 101: A Workshop for Providers**

For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled (WHO, 2006a). People with intellectual and developmental disabilities (IDD) are often left out of the conversation about sexuality, almost as if they were incapable of having thoughts, feelings and needs. In reality, they, too, are sexual beings who need information and skills for making healthy decisions about sexuality. This workshop will help providers who work with people with IDD become more comfortable talking about this topic with people with IDD and their parents and caregivers. Attendees will also learn how to help people with IDD have safe and satisfying relationships.

### **Treatment of Depression in Black Youth of African Descent**

Depression can at times be underidentified and misdiagnosed, especially in youth from marginalized ethnic and racial groups who live in urban environments. The goal of this workshop is to provide a thorough knowledge of the symptoms, etiological factors and intervention strategies for depression in Black youth of African descent. The latest research will be combined with intervention strategies honed from the presenter's long experience working with Black adolescents with mental health and behavioral disorders. The workshop will equip professionals with comprehensive strategies, resulting in more effective outcomes in the management of—and recovery from—depression.



## Special Education, Law and Advocacy

### Bullying, Harassment and Intimidation of Children With Disabilities

This workshop will provide an overview of federal and state laws and regulations, guidance from the federal government, and policies about bullying, harassment and intimidation. How to address the issue in home, school and the community will be discussed, and tips for service providers and families will be shared.

### Discipline of Students With Disabilities in Maryland Public Schools

This workshop will provide an overview of school discipline in Maryland, including the laws governing school discipline. The types of suspensions and expulsions and the process to appeal a suspension or expulsion will be discussed, and information about additional protections for students with disabilities and recent Maryland legislation related to school discipline will be provided.

### Guardianship and Its Alternatives: What You Need to Know

This workshop will provide an overview of guardianship and its alternatives. Guardianship and competency of an individual, guardianship of property, and emergency guardianship will be discussed. The alternatives to guardianship—including advance directives, advance directives for mental health, surrogate decision-makers, representative payees, power of attorney, trusts and joint ownership of bank accounts—will also be discussed. Guardianship resources and referrals will be provided.

### Parent Workshop: Being the Best Advocate for Your Child at School and in the Community

Parents and families play an important role in how well their children do in school and in the community. They are the first agents for identifying children's strengths and concerns, opening doors to support and services, and ensuring that those doors remain open to meet their children's needs.

### Special Education Law

This workshop will provide an overview of special education law and additional protections provided to students under Maryland law. It will also provide an overview of Maryland State Department of Education guidance and technical assistance bulletins. The presenters will share online special education law resources with attendees.



## Self-Advocacy

### Project STIR

Project STIR (Steps Toward Independence and Responsibility) is a training curriculum developed by self-advocates at the University Center for Excellence in Developmental Disabilities at the University of North Carolina. The tools taught in this workshop are designed to help individuals with disabilities learn crucial advocacy skills. Advocacy skill-building helps individuals speak and act on behalf of themselves and/or others. Project STIR includes a train-the-trainer workshop.

### What Is Sexual Health? Understanding Healthy Relationships, Sexual Self-Advocacy and Making Informed Choices: A Workshop for People With Disabilities, Ages 18 Years and Up

People with intellectual and developmental disabilities are often left out of the conversation about sexuality, almost as if they were incapable of having thoughts, feelings and needs. In reality, they, too, are sexual beings who need information and skills for making healthy decisions about sexuality. This workshop is designed to help participants understand what sexual health is, learn how to have healthy relationships, know their rights and the meaning of sexual self-advocacy, and make informed choices.

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