

FAVOR Inc.'s Learning and Leadership Academy's mission is to empower individuals through education and training to elevate youth, families and communities.

Through pre-recorded workshops and trainings, the Learning and Leadership Academy empowers families with the knowledge and skills to effectively advocate on behalf of their children, access family driven and culturally responsive services that improve child outcomes and family and community well being.

## CONTACT US



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[www.favor-ct.org](http://www.favor-ct.org)

# Learning & Leadership Academy

## Training Brochure



**For the full list of training opportunities, please visit [www.favor-ct.org](http://www.favor-ct.org). Some of the training opportunities include:**

#### *How To Be Your Child's Best Advocate*

Focus is on educational advocacy, including what to do when your child is struggling in school, the PPT process, laws parents need to know, effective communication and collaboration skills, how to work with school professionals when disagreements occur, and resources for parents with children who have behavioral health challenges

#### *Agents of Change:*

This workshop helps family members understand the change process that drives the networks of care. Topics include: increase your knowledge of System of Care values and principles, enhance your knowledge of Connecticut's Network of Care Transformation Initiative -[CONNECT], develop skills to bring family voice to local, regional and state decision-making tables, and advance family engagement in policy and practice.

#### *Persuasive Storytelling*

This workshop focuses on the use of personal stories, one of the most effective tools for children's behavioral health advocates. Personal stories are especially powerful when communicating with system partners, provider agencies, media and other families and youth. During this session, participants learn and practice skills for telling their personal story. Participants are taught how to create their Single Overriding Communication Objective (SOCO). A SOCO is the reason a presentation or speech is done. Participants learn that if they stay true to their SOCO, there will be no doubt in the audience's mind about what they stand for and what message they are trying to convey. This training is highly interactive.

#### *Data Training Series*

This workshop provides families with the tools necessary to feel confident reading and working with data. Participants will learn what data is, how to read data and how to collect data. The workshop explores the differences between quantitative and qualitative data and shows how data is involved in our everyday lives. The mean, median, mode and frequency are discussed and taught through examples. Most importantly, this workshop provides participants with knowledge of how to use data to make informed decisions.

#### *CONNECTing Youth:*

An interactive presentation designed to introduce youth to the Children's Behavioral Health System and to mental health as an important part of your overall health. It focuses on three pillars – Physical, Mental and Social Health and allows the participants to see how they can all be interconnected. The presentation also dedicates time to discuss the difference between Mental Health and Mental Illness as it relates to the culture of their school and community. CONNECTing Youth allows time to brainstorm ways that youth can take charge and bring awareness to health, wellness and reducing the stigma of mental illness. \*This workshop requires 1 hour\*

#### *Support Group Facilitation Training*

This training addresses the need to nurture, empower, and educate families of children with mental health, behavioral or emotional challenges who are current facilitators or are interested in facilitating support groups. Participants will learn the following skills: listening awareness, communication skills, stages of human emotional response, strategies for handling challenging and difficult behaviors, facilitator skills and strategies, what makes a good support group, support group member responsibilities, support group facilitator.

## Upcoming Training Opportunities

Persuasive Storytelling  
March 11, 2021 from 4pm - 6pm

CONNECTing Youth  
March 19, 2021 from 4pm - 5pm

Support Group Facilitation  
March 23, 2021 from 6pm - 8pm

How to Be Your Child's Best Advocate  
April 6, 2021 from 6pm - 8pm

Como Ser el Mejor Defensor/a De Su Hijo/a  
April 20, 2021 from 6pm - 8pm

Network of Care Agents of Change  
April 22, 2021 from 4pm - 6pm

CONNECTing Youth  
May 7, 2021 from 4pm - 5pm

Data Training Series  
May 10, 13, 17, 19, 2021 from 4pm -6pm

How to Be Your Child's Best Advocate  
June 8, 2021 from 10am - 12pm

Como Ser el Mejor Defensor/a De Su Hijo/a  
June 22, 2021 from 10am - 12pm