

Family Support Specialist 3 Day Training

Day 1	Day 2	Day 3
Session 1 Welcome, Introductions and Training Overview 8:00-9:30 Review of All Video Sessions	Review & Session 8 Using Dissatisfaction to FIND Resiliency Goals 8:00-9:30	Review & Session 15 FSP in the Workplace 8:00-9:30
Session 2 Five Stages in the Recovery Process: Overview 9:45-10:45	Session 9 Combating Negative Self-Talk 9:45-10:45	Session 16 Providing Culturally Informed Support 9:45-10:45
Session 3 Five Stages in the Recovery Process: Dangers 11:00-12:00	Session 10 Problem Solving 11:00-12:00	Session 17 Facing One's Fears 11:00-12:00
Lunch Break	Lunch Break	Lunch Break
Session 4 Stages of Change Model in Recovery 12:39-1:30	Session 11 Suicide Prevention and Planning for Crisis Situation 12:30-1:30	Session 18 Trauma Informed Care 12:30-1:30
Session 5 Using Your Resiliency Story as a Resiliency Tool 1:45-2:45	Session 12 Motivational Interviewing for Families 1:45-2:45	Session 19 ROSC 1:45-2:45
Session 6 Creating Relationships that Build Resiliency 3:00-4:00	Session 13 Establishing Boundaries 3:00-4:00	Session 20 Wellness 3:00-4:00
Session 7 Effective Listening and the Art of Asking Questions 4:15-5:15	Session 14 Ethics 4:15-5:15	Review, Evaluation and Next Steps 4:15-5:15