Authentic Trainings, LLC

PRACTICAL, RELATABLE, & COMPASSIONATE

Greetings!

As we approach the end of 2023, I find myself reflecting on the past year.

Authentic Trainings LLC celebrated several significant achievements. Lisa Ardner and I had a bustling year, both collaborating and working independently on various training programs.

Early in the year, we partnered with the Varalli Group, Inc. to **train New York State Probation Officers and their supervisors in Motivational Interviewing**. Their openness and eagerness to shift from a punitive approach to one focused on rehabilitation were truly impressive.

Mid-year, we expanded our reach to include New Jersey probation officers, supervisors, and child protective services staff. Our discussions centered on applying **Motivational Interviewing skills while ensuring community safety.** It was inspiring to witness their readiness to engage in these conversations and progress toward shifting to a rehabilitation lens.

In July, we joined forces again with the Varalli Group, Inc. at the **NYS Probation Officers Association Annual Conference, focusing on Trauma and Resiliency.** This being our second year presenting, we were amazed by the newly implemented peer services designed to assist officers in coping with traumatic events and encouraging open discussions about their experiences.

Our collaboration with the **Bronx Head Start program was another highlight, where we provided Basic and Intermediate trauma training** to their entire staff through our partnership with the Varalli Group, Inc.

Lisa Ardner and I successfully completed a contract with the **NYS EAP program, delivering Motivational Interviewing training to their peer coordinators and supervisors.** From November 2022 to January 2023, we conducted training across New York State. This extensive effort proved incredibly rewarding, as the MI skills resonated deeply with this group, equipping them to assist NYS

employees effectively.

I personally facilitated five Clinical Supervision Foundations II trainings, and **we updated our curriculum to include four hours of homework,** completing the 16-hour coursework. This adjustment allowed us to shorten the in-person or virtual classroom time to 12 hours, a much-needed change given the widespread staff shortages.

Throughout the year, Authentic Trainings collaborated with Lisa Ardner's new venture, A Purpose for Life. We trained staff at **Crouse Medical Practice and Elmcrest Children's Center's respite and inpatient units**.

Our ongoing contract with the Prevention Network involved teaching SBIRT (4 hours) and Motivational Interviewing. We rotate these trainings each month and provide a quarterly coaching group. These trainings, offered every other month, are free to participants and will continue through 2024.

A personal highlight was working with R1 Discovery. Tom Karl invited me to co-facilitate a train-the-trainer session on the R1 Learning System in San Francisco, California. **We collaborated with the Department of Corrections on an innovative peer initiative to train incarcerated individuals as peer advocates using the R1 Learning System**. The aim is for these advocates to obtain California certification before their release, enhancing their job prospects in the community while they supporting other incarcerated individuals.

I also had the honor of contributing to two new R1 Learning card decks: ACEs (Adverse Childhood Experiences) and Trauma-informed Care. These decks are set to be released soon. Stay tuned!

New Trainings for the year included:

OASAS – CASAC/CPP/CPS

- **Engaging Families:** Practical strategies for involving families in SUD treatment, focusing on real-world skills for family engagement.
- **Intermediate Trauma Responsive Care**: Advancing beyond basic Trauma-Informed Care into practical application.
- **Creating Connections and Community through Expressive Art-Music Making and Mindfulness:** Exploring community building through art, drumming, and mindfulness, moving beyond traditional talk therapy.
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ASAP-NYCB

- **Creating Connections and Community – Creative Rhythms:** teaching rhythm circle setup and synchronization through various percussion methods.

I am immensely grateful to work alongside such incredible individuals. ????

- My heartfelt thanks to my co-trainer, **Lisa Ardner,** for her unwavering commitment to our shared goals.
- I extend my appreciation to **Kimberly McElhatten** and Open Roads for their insights into impactful writing and business placement.
- Special thanks to **Great Things Business Accelerator,** Josh Meeder, Elizabeth Milo, and Kimberly McElhatten for developing my new website.
- Finally, I am deeply thankful to **Sandi Sabene** for co-creating the

"Creating Connections and Community – Creative Rhythms" program, soon to be introduced at Crouse Chemical Dependency Treatment Services. The new facility will enable us to introduce staff to drum circles using djembe drums and teach them facilitation techniques.

I look forward to training with many of you in 2024!

Happy Holidays,

Sandy

***P.S. Book your training for 2024 now by**emailing me at sandy@authentictrainigns.com.* We offer custom-tailored training solutions to empower your staff and your clients. ⬇

- Motivational Interviewing (>> NOW, with an on-demand, private-labeled option <<)
- Embracing Families
- Trauma-Informed Care
- Trauma-Responsive Care
- Clinical Supervision Foundations II
- Creating Connections and Community
- Ongoing coaching and staff consultations

Our trainings transform organizational culture, boost employee satisfaction, and improve client outcomes.

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