

**Preventive Trainings**

**Strengthening Multi-Ethnic Families and Communities: A Violence Prevention Parent Training**

Program is a 14-session parenting class which, utilizes a parenting model that integrates a cultural context into prevention and intervention strategies.

**Systematic Training for Effective Parenting: Early Childhood 0-5 Years (S.T.E.P)**

The parenting program is a 10-session parenting class that focuses on topics important to parents today. This class will help parents of children 0-5 years of age understand and feel comfortable with their child's social, emotional and language development.

**Parenting Wisely for Foster and Residential Care**

This training was developed to reverse the development of serious problems such as: truancy, violence and substance abuse. The program is based on a Functional Family Therapy model, using effective solutions within a family systems context.

**Parenting for Teen Parents**

**Parenting For Grandparents Raising Grandchildren**

**Real Solutions Anger Management**

This training will help participants reduce their levels of anger in provocative situations. Participants will learn effective coping skills and behaviors to stop the escalation of their anger and to resolve conflicts effectively.



**Families On The Move of New York City, Inc.**

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**Families On The Move of New York City Inc.  
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**and**

**A Member of Federation of Families For  
Children's Mental Health**

***TRAININGS***

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## ***FOTM Training Institute***

Families On The Move of New York City, Inc. (FOTM) offers several trainings geared to assist with workforce development and strengthening families. The trainings include advocacy, leadership development, working with families of youth in residential treatment programs and parenting interventions. The trainings embrace the strength-based philosophy of system of care. Family driven and youth focused the trainings take into consideration the cultural and linguistic needs of the participants, and are designed to enhance collaborative relationships between family members, youth and providers, and parenting skills of parents/caregivers of children who have emotional, mental health and or behavioral challenges.

### **Workforce Development**

#### **Just The Basics Advocate Training**

Just The Basics Advocate Training is a 3-day training designed for current and future youth and adult advocates. The role and responsibilities of an advocate are defined providing information, examples, and resources identified as necessary to prepare them for the work ahead.



### **Cultural and Linguistic Competence Training**

The training is a multi-method knowledge and capacity development curriculum for staff, or individuals who work with diverse populations and/or are responsible for training, facilitating, or implementing cultural and linguistic competence plans or strategies within their organizations, systems, or communities.

### **Caregiver and Provider Partnerships Training**

Caregiver and Provider Partnerships Training is a 1-day training to foster the development of collaborative partnerships between providers and caregivers of children who have emotional, behavioral and or mental health challenges.

The trainings are available to staff that work in hospitals, clinics, Child Welfare-foster care agencies, preventive services, Juvenile Justice, Mental Health, Substance Abuse Programs, Department of Education and other community based-providers to enhance service delivery to promote and sustain the system of care principles promoting meaningful collaboration between caregivers and providers.

### **Leadership Training**

The leadership training is a training for advocates currently in supervisory roles as well as advocates and family members identified as candidates for leadership positions.



### **Community Policing**

A training to help individuals in law enforcement recognize involuntary behaviors and augment their life saving function of stopping risky behaviors with an informed and compassionate approach.



### **Creating A Welcoming Experience for Families in Children's Residential Care**

This is a 3 part training for staff of residential programs for engaging families and youth in services.

#### **Pt. 1 Building Stronger Relationships between Family and Staff**

This is a training to foster a team approach with families and children and youth in residential programs. The goal being to include families in all aspects of care in order to produce the best possible outcomes for the youth and family.

#### **Pt. 2 Building on Family Strengths During Residential Care**

This is a training for residential staff to enhance family involvement and family program participation for the families and youth. The goal is to keep the family in charge by strengthening families and family bonds.

#### **Pt. 3 Working with Families Toward a Successful Discharge**

This is a training for residential staff when working with families. The goals of the training are family and youth readiness, multi-system planning, family supports, creating a post-discharge network and getting family feedback.

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