

UNL'S CENTER ON CHILDREN, FAMILIES, AND THE LAW

Training Opportunities

The University of Nebraska-Lincoln's Center on Children, Families, and the Law (CCFL) is pleased to offer customizable, specialized training to human services professionals. CCFL's faculty and staff bring a comprehensive array of educational backgrounds and expertise to issues related to the well-being of children and families impacted by the legal system and the agencies that serve them.

Through its mission of *helping the helpers*, CCFL provides an interdisciplinary and collaborative approach to improve systems and outcomes for children and families. CCFL's training is translational, ensuring that the knowledge gained applies to crucial topics that directly impact children, families, and communities.

Included are some of the training opportunities CCFL offers.

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**CENTER ON CHILDREN,
FAMILIES, AND THE LAW**

Training Collaborative

CCFL Training Opportunities

Adolescent Development

In-Person/Webinar (1 hour)

Participants learn that trauma occurring during childhood or adolescence can have a substantial impact on adolescent development. This session provides professionals with the tools to understand the impact of trauma/stress on adolescents. Discussion and focus center on 40 developmental assets, ACEs, decision-making, vulnerability, and reactive behavior.

Adult Behavioral Health: Signs and Symptoms for Law Enforcement

In-Person/Webinar (1.5 hours)

Participants learn Law Enforcement officers are often asked to respond to mental health crises or emergencies. In this training, attendees learn about what mental health is, the difference between a crisis and an emergency, and the signs and symptoms of typical mental health disorders in the adult population.

An Introduction to Diagnosis: What, Why, When?

In-Person/Webinar (1 hour)

Participants are introduced to the process of being diagnosed with a mental health or behavioral health diagnosis. Training includes information around evaluation, diagnostic criteria and how they are used, as well as the purpose of diagnosis in children and adolescents.

Attention Deficit Hyperactivity Disorder: What You Need to Know to Build Successes

In-Person/Webinar (1 hour)

Participants learn ADHD is the number one diagnosis documented within system involved youth. This training explores the screening and testing processes for proper diagnosis, the diagnostic criteria, alternative diagnosis, and basic interventions to increase success at home and school when caring for an individual who is properly diagnosed.

Autism: A Foundation and Starting Point

In-Person/Webinar (1 hour)

Working with young people living on the Autism Spectrum can present many unique challenges. This training identifies patterns of behaviors that tend to be most prevalent and starting points for helping individuals on the spectrum find success in all settings.

CCFL Training Opportunities

Boundaries

In-Person/Webinar (1.5 hours)

Participants learn the importance of boundaries and the ability to actively implement and model personal and professional boundaries in all aspects of the job. Topics include HIPAA and why it is important, distinguishing between professional rapport building and personal boundaries, acceptable and unacceptable practices within working relationships, and how to redirect or speak to boundary-specific scenarios.

Building Resiliency and Stress Management

In-Person/Webinar (3 hours)

Participants learn and explore the realities of secondary trauma, how to recognize it in ourselves and colleagues, and ways to have honest conversations with support systems and supervisors about support that is needed. Participants walk away with practical skills they can use right away to strengthen resilience, protect their well-being, and better sustain their important work.

Car Seat Safety

In-Person (3 hours)

Participants learn and develop skills in selecting and installing a car seat for transporting children. Topics include the Nebraska child passenger restraint law, crash and restraint system dynamics, parts and functions of vehicle and child restraint systems, and types, proper use, and installation of various models of car seats.

Child Development

In-Person/Webinar (1.5 hours)

Participants learn about important concepts, practices, and resources related to the attachment and development of children.

Domestic Violence Foundations

In-Person/Webinar (2 hours)

Participants learn the core principles, patterns, and impacts of domestic violence, equipping them to respond with empathy, professionalism, and trauma-informed care. This foundational training explores the various forms of abuse—including physical, emotional, financial, and coercive control—and the complex dynamics that keep survivors trapped in unsafe situations.

CCFL Training Opportunities

Educational Involvement: Schools and Special Education

Self-Paced Online (1 hour)

Participants learn about working with schools and special education. Topics include the impact of special needs on a family and the importance of advocating for a child in the educational system.

Embracing Change for Leadership

In-Person/Webinar (3 hours)

Participants learn and gain an understanding of the change process and the human dynamics that influence organizational transformation success. Participants explore proven frameworks for understanding change stages, learn to recognize and address the emotional journey that accompanies transition, and develop concrete leadership skills to build resilience and trust within their teams.

Engaging Families

In-Person/Webinar (3 hours)

Participants learn how to work with families to build trust, establish rapport, and work collaboratively with families in crisis. The course provides practical strategies for addressing family dynamics, having positive communication, and navigating potentially complex situations. Participants learn to support families in a way that fosters resilience and promotes child safety and well-being.

Engaging Older Youth

Self-Paced Online (1.5 hours)

Participants learn to empower older youth during their critical transition to adulthood by providing comprehensive support, guidance, and resources that foster personal growth, self-determination, and successful independent living. Topics of discussion include cultivating resilience and life skills, supporting educational and career pathways, promoting holistic personal development, establishing supportive networks and connections, and building confidence and self-advocacy.

CCFL Training Opportunities

Going Beyond the Surface: Developing Cultural Competence While Maintaining Cultural Humility

In-Person/Webinar (1.5 hours)

Participants learn and gain a foundational understanding of how culture shapes individual and family experiences, especially in the context of child and family services. It explores key concepts such as cultural competence, humility, social norms, and the importance of recognizing and respecting diverse cultural identities, including race, religion, disabilities, socioeconomic status, immigrant status, and gender identity. The training emphasizes ongoing self-reflection, respectful engagement, and a client-centered approach, offering practical strategies for working with culturally diverse families. Through activities, scenarios, and real-life applications, participants are encouraged to move beyond surface-level understanding and adopt a deeper, more respectful approach to cultural differences in professional practice.

Healing Trauma and Attachment: A Starting Point

In-Person/Webinar (3 hours)

Participants learn how to define trauma and attachment, identify the connection between these two topics, and identify interventions that they can review, teach, and model for adults, youth, and families.

HIPAA and Other Ethical Considerations

In-Person/Webinar (2 hours)

Participants learn of HIPAA and other applicable privacy practices as they apply to outpatient and telehealth clinical settings. Training includes an overview of HIPAA and 42 CFR Part 2, releases of information, telehealth policies, application of confidentiality, and ethical considerations in maltreatment reporting and testifying.

Interviewing Basics

In-Person/Webinar (6 hours)

Participants learn about communication skills needed to work with, and gather information from, adults and children. Participants become aware of the process and structure of effective interviewing. Topics include the importance of proper interviewing skills to build relationships and engage families, fundamental interviewing skills, and the general structure and process of effective interviewing.

CCFL Training Opportunities

Juvenile Court Process: Introduction

In-Person/Webinar (1 hour)

Participants learn, and are introduced to, the Juvenile Court Process. Topics include the steps in the legal process, the role of the courts in child protection, and definitions of relevant legal terminology.

Mandt System - Relational

In-Person (6 hours)

Participants learn key skills to build positive relationships and handle challenging interactions effectively. They learn communication strategies, conflict de-escalation techniques, and methods to prevent and address conflicts respectfully. The course emphasizes creating safe environments by teaching participants to recognize behavioral cues, use effective communication, and apply trauma-informed care principles. Participants also gain practical tools for maintaining boundaries, supporting individuals with complex needs, and ensuring the safety and well-being of everyone involved. *Note: Instead of the standard training rate, the cost of Mandt training is set per participant.*

Mandt System - Relational and Technical

In-Person (14 hours)

Participants learn key skills to build positive relationships and handle challenging interactions effectively. They learn communication strategies, conflict de-escalation techniques, and methods to prevent and address conflicts respectfully including physical interaction and restraint. The course emphasizes creating safe environments by teaching participants to recognize behavioral cues, use effective communication, and apply trauma-informed care principles. Participants also gain practical tools for maintaining boundaries, supporting individuals with complex needs, and ensuring the safety and well-being of everyone involved. *Note: Instead of the standard training rate, the cost of Mandt training is set per participant.*

Missing and Trafficked Youth

In-Person/Webinar (2 hours)

Participants learn how to work with missing youth and youth who are involved in the sex trafficking industry. Topics include introduction to the trafficking of children and youth, traffickers, methods of recruitment, vulnerabilities in children and youth, red flags, and engaging at-risk children and youth.

CCFL Training Opportunities

Mood Disorders: The Ins and Outs of Managing How We Feel

In-Person/Webinar (1 hour)

Mood disorders is a broad category that encompasses many signs and symptoms as well as disorders. System involved youth often find themselves facing many difficult challenges which can have short- and long-term impacts on their mood and regulation. Having a basic understanding of the different mood disorders, when they are likely to present themselves, and ways to help build awareness can increase success in all aspects of their often-complicated lives.

Motivational Interviewing: Core Skills Practice

In-Person/Webinar (6 hours)

Participants learn practical Motivational Interviewing (MI) skills in a supportive and interactive setting. Participants explore key concepts, including the Spirit of MI (Partnership, Acceptance, Compassion, and Empowerment), core communication skills (OARS), and common challenges such as ambivalence and the righting reflex. Participants deepen their use of core MI strategies—Open Questions, Affirmations, Reflections, and Summaries (OARS) — while exploring key concepts such as the righting reflex, change talk, sustain talk, and ambivalence. Through demonstrations, guided activities, and role-play, learners gain confidence applying MI in honest conversations, with an emphasis on collaboration, empathy, and supporting client autonomy.

Post Traumatic Stress Disorder: The Basics of How to Help

In-Person/Webinar (1 hour)

Post Traumatic Stress Disorder is prevalent amongst many systems involved youth. This training introduces participants to signs and symptoms, proper evaluation, and introductory steps to support an individual who is living with PTSD impacts.

Overcoming Conflict in the Foster Home

In-Person/Webinar (3 hours)

Participants learn practical techniques for understanding the root causes of conflict, managing challenging behaviors, and fostering positive communication within the family dynamics. This course is designed for foster parents and those who help support foster parents in seeking effective strategies to navigate and resolve conflicts that arise in the foster home environment.

CCFL Training Opportunities

Professional Safety and Well-being

In-Person/Webinar (2 hours)

Participants learn about potential threats to their safety from people, animals, and the environment. Participants review appropriate strategies for preventing, recognizing, and responding to worker safety threats within their work.

Psychotropic Medications

In-Person/Webinar (1 hour)

Participants learn the most important considerations when working with families and physicians of children who are receiving psychotropic medication. Topics include the people involved and their roles, how to be sufficiently informed to provide informed consent, how psychotropic medications work, target symptoms, side effects, and adverse drug events, the use of timelines for understanding a child's symptoms, diagnoses, and medications, and the use, benefits, and risks of various classes of medication.

Resolving Conflict and Solving Problems: Tools for Leadership

In-Person/Webinar (3 hours)

Participants learn practical skills to identify conflict management styles, implement collaborative problem-solving techniques, and develop strategies for resolving supervisory challenges. This comprehensive course equips supervisors with the tools and frameworks to effectively manage workplace conflicts and adapt their leadership approach to various situations.

Secondary Traumatic Stress in Leadership Professionals of Child-Serving Professionals

In-Person/Webinar (1 hour)

Participants learn specific interventions that can be incorporated into their interactions with their peers and staff. Secondary traumatic stress can often impact decision-making, the lens we bring to each situation, and the workplace environment. Leadership/supervisory staff are tasked with the difficult job of managing the day-to-day tasks of their teams, managing their secondary traumatic stress, and helping their staff to recognize and address their staff.

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Substance Use

In-Person/Webinar (3.5 hours)

Participants learn how to recognize and respond to substance use concerns in families. Topics include recognition of warning signs, effects of substance use, stages of change, levels of care, engaging individuals in treatment, making referrals, supporting success in and out of treatment, and relapse/lapse planning.

Suicide Prevention/QPR

In-Person/Webinar (2 hours)

Participants learn QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Testifying: Preparation

In-Person/Webinar (3 hours)

Participants learn, and are introduced to, the process followed in testifying in court and effective testifying techniques. Topics include being called a witness, preparing for court, the steps in the testifying process, common legal terms used in testifying, and techniques for providing credible testimony. Participants also learn how to answer questions commonly asked in court and how to prepare to testify at a hearing. Topics include foundational questions (job title, duties, training, education, and experience) and key factual questions to support litigation.

Time Management and Mindful Supervision

In-Person/Webinar (3 hours)

Participants learn and explore time management strategies grounded in mindfulness—such as single-tasking, the Urgency-Importance Matrix, and energy-aware scheduling—while learning how to create supportive supervisory relationships that foster resilience, self-awareness, and cultural humility. Through interactive activities, guided reflection, and real-world case scenarios, the training equips supervisors with tools to improve communication, reduce burnout, and model trauma-informed, reflective practices for their teams. This course is designed for supervisors seeking to enhance their leadership through intentional presence, effective prioritization, and emotionally intelligent supervision.

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Trauma 101: Foundations of Trauma-Informed Care

In-Person/Webinar (2 hours)

Participants learn the ways that unresolved trauma can impact an individual's brain, their physical body, and ultimately their overall functional skillsets. Attendees walk away with a better understanding of how decision-making/problem solving processes can change when threats to safety and well-being are present in their life. Discussion includes understanding of the impacts on cognitive, emotional, and behavioral functionality, regulation needs, resiliency, and effective strategies to overcome barriers the brain and body naturally put in place. Research and evidence-based strategies that can create a more successful interaction with those who may be the most difficult are explored.

Trauma 102: Trauma Informed Care, Moving Beyond a Definition

In-Person/Webinar (2 hours)

Participants learn by building on information from *Foundations of Trauma-Informed Care* to provide basic skills that attendees can be cognizant of and utilize when interacting with individuals impacted by unresolved trauma. Discussion and focus center on approaching and working with an individual who is demonstrating that they are feeling unsafe or vulnerable through their actions and behaviors.

Trauma 103: Moving from Trauma-Informed toward Trauma Capable

In-Person/Webinar (2 hours)

Participants learn by building on information from *Foundations of Trauma-Informed Care* and *Trauma-Informed Care, Moving Beyond a Definition* to provide specific skills and interventions that attendees can utilize to support healing-centered practices. Discussion and focus center on creating structured environments that increase effective engagement and teaching, addressing vulnerability, as well as addressing reactive behavior. Attendees are provided with information on supportive techniques that promote healing and increase functioning within learning environments.

CCFL Training Opportunities

Working with Challenging Behaviors

In-Person/Webinar (1 hour)

Participants learn essential tools to understand and respond to behavioral challenges with children and youth. They also learn to differentiate between skill-based and motivation-based behaviors, explore how trauma affects brain development and behavior, and gain practical, evidence-based strategies for creating supportive healing environments. This course is designed for caregivers working with children who have experienced trauma.

UNL CCFL TRAINING COLLABORATIVE

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