

VFHY Training Catalog 2021
Short List of Workshops By Category

1. Tobacco Prevention and Cessation (pages 5-10)

- **Best Strategies to Support Tobacco Prevention Efforts - *Alejandro Garcia-Barbon***
- **Bet You Didn't Know: The What, How, and Why About E-Cigs – *Steve Hixon***
- **E-Cigarettes: What Are They, What Are The Health Risks, and What Can We Do To Protect Youth - *Barbara Burke, Pam Ray***
- **E-Cigarette & Pod-Based Systems 101: Big Tobacco Reinvented - *Barbara Burke, Pam Ray***
- **Effective Planning and Implementation for Tobacco-free School Campuses - *Jim Martin***
- **Effective Tobacco Use Prevention & Cessation Strategies for Youth and Young Adults –*Alejandro Garcia-Barbon***
- **How To Make Tobacco An Issue in Priority Populations - *Alejandro Garcia-Barbon***
- **Introduction To Tobacco - *Alejandro Garcia-Barbon***
- **Latest Tobacco Use Trends - *Alejandro Garcia-Barbon***
- **New Emerging Triangle: Tobacco, E-cigs and Marijuana – *Jim Martin***
- **Planning and Implementing Evidence-Based Tobacco Use Prevention Strategies - *Jim Martin***
- **The New Epidemic: JUUL Use Among Youth and Young Adults - *Jim Martin***
- **The New Landscape of Tobacco Products: E-cigarettes and Other ENDS – *Jim Martin***
- **Twenty First Century Vaping: A Youth Epidemic – *Barbara Burke, Pam Ray***
- **“What are they smoking now?”: An update on Vaping and Marijuana with Teens and Young Adults. – *Barbara Burke***

2. Nutrition, Obesity and Physical Activity (pages 11-12)

- **Best Practices of Nutrition and Physical Activity for Early Childhood - *Alternative Inc***
- **Media Campaigns to Promote Obesity Prevention – *Alejandro Garcia-Barbon***
- **Nutrition & Pediatric Obesity: What's the Relationship and How Can We Help? –*Angie Hasemann***
- **Nutrition Education Made Fun: Effective and Creative Techniques for Teaching Kids to Eat Healthy – *Angie Hasemann***

3. Community Team Development & Sustainability (pages 13-14)

- **Building and Sustaining a Culture of Strategic Intersections: Creating Signature Partnerships in Your City** - *Paul Short*
- **Building Effective and Sustainable Coalitions** – *Health Resources in Action*
- **Effective Strategic Planning** - *Alejandro Garcia-Barbon*
- **Effectively Engaging Multi-Sector Partners** – *Health Resources in Action*
- **Engaging and Empowering Priority Communities: Health Equity in Action** – *Health Resources in Action*
- **When You Have No \$\$\$: Sustaining Your Coalition Efforts** – *Steve Hixon*

4. Program Development & Assessment (page 15)

- **Community Assessment** - *Alejandro Garcia-Barbon*
- **Effective Program Strategies for Successful Youth Programs** – *Steve Hixon*

5. Professional & Organizational Development (pages 16-23)

- **5 Languages of Appreciation at Work**– *Bernadette Costello*
- **Advanced Cultural Competency** - *Alejandro Garcia-Barbon*
- **Advanced Prevention** - *Alejandro Garcia-Barbon*
- **Awaken Your Creative Spirit** - *Alternatives Inc*
- **Behavioral Health Equity - A Social Justice Matter** - *Instructor: Patricia Hill*
- **Building Protective Factors for Safe and Happy Youth and Families** - *Markella Maschas.*
- **Creating a Sustainable Culture of Workplace Empathy and Why this Matters** - *Paul Short*
- **Cultural Competency Literacy: Our Perception Is Our Reality** – *Steve Hixon*
- **Cultural Competency: The Self-Awareness Spectrum** – *Steve Hixon*
- **Cultural Competency in Action: Knowledge, Skills and Attitudes** – *Steve Hixon*
- **Do You Hear What I Hear?** - *Alternatives Inc*
- **Learn How To Be Reflective With Your Staff: A Must For Supervisors!** – *Markella Maschas*
- **Maintaining Professional Boundaries to Support Healthy Relationships and Reduce Burnout** – *Markella Maschas.*
- **Managing Conflict (4 hours)** –*Bernadette Costello*
- **Managing the Silent Side of Change (4 or 6 hours)** – *Bernadette Costello*
- **Performance Focused Conversations** – *Bernadette Costello*

- **Prevention 101** – *Steve Hixon*
- **Team Skilling for Leaders** – *Instructor: Bernadette Costello*
- **The Power of Positivity: Maslow Was Definitely on to Something!** – *Donna Proctor*
- **Time Management: An Essential Skill for Effective People** – *Donna Proctor*
- **Understanding Yourself and Others: A Leadership Workshop Using the Myers Briggs Type Indicator** - *Donna Proctor*
- **What's Your Conflict Management Style?** - *Donna Proctor*
- **You Want Me To Do What? Fiduciary Responsibilities** - *Donna Proctor*

6. Youth Advocacy, Youth Development & Engagement (pages 24-26)

- **Adulthood: Barrier to Youth Engagement** - *Alternatives Inc*
- **Asset-Building** - *Alternatives Inc*
- **Boundaries with Youth** –*Health Resources in Action*
- **Identifying the Potential in Youth** – *Steve Hixon*
- **Service Learning** - *Alternatives Inc*
- **Supporting Healthy Relationships Among Young People** – *Health Resources in Action*
- **Who Unplugged the Cord?: Disclosing Engagement Barriers Between Youth and their Parents/Caregivers in a Digital/Screen-driven World** - *Paul Short*

7. Facilitation & Classroom Management (pages 27-30)

- **Advanced Facilitation: Understanding Your Audience: Help Motivate Them to Want to Learn** -: *Charlie McLaughlin*
- **The Art of Facilitation** - *Alternatives Inc*
- **Behavior and Classroom Management Training** - *Health Resources in Action*
- **Effective Presentation Skills** - *Virginia Cooperative*
- **Facilitating Effective Meetings and Groups** - *Virginia Cooperative Extension*
- **Family Engagement and Retention: How To Engage and Retain Families in Your Program** – *Markella Maschas.*
- **Managing Behaviors in Youth Programs** – *Steve Hixon*
- **Not Just Fun and Games** - *Alternatives Inc*
- **Things Come Better in Pairs: Discovering the Power of Activating Both Conversation and Facilitation When Working with Youth** - *Paul Short*

8. Proposal Writing and Grant Management (page-31)

- **Grant Writing 101: It's A Process** – *Valerie Liggins-Law*