

ADMH-DDD presents Benchmark Human Services Caregiver Crisis Support Training Series

The Empowering Caregivers Training Series is a training series designed to provide caregivers supporting individuals with disabilities with essential tools and strategies to effectively manage crises and prevent burnout. This series offers a structured approach to handling critical situations while prioritizing the caregivers' well-being. Participants will gain insights into crisis intervention techniques, self-care practices, and effective de-escalation strategies. Caregivers will develop the skills needed to ensure the safety and stability of their loved ones while maintaining their own physical and emotional health.

Course 1: Thriving in a Burnout Culture

In this training, attendees will learn how to navigate the overwhelming stress and exhaustion, inherent to caring for individuals with disabilities, while safeguarding their own well-being. We will also cover what burnout looks like in regard to the individuals being supported!

09/14/2023 1:00 p.m.

<https://mhalabama.zoom.us/j/88470763103>

Course 2: Understanding Crisis and Prevention

This training will equip attendees with the skills to recognize and avert escalating crises, benefiting both caregivers and those they support.

09/21/2023 1:00 p.m.

<https://us06web.zoom.us/j/83078682473?pwd=Vnd2amlnQTJBMi9XWS9nNUoydU1LUT09>

Course 3: Navigating After Crises

This training will allow attendees to gain insight and tools for what to do after a crisis has happened.

09/28/2023 1:00 p.m.

<https://us06web.zoom.us/j/84227853175?pwd=SHBrOWhjVEpPL2FIVGMydZ3a2hpdz09>