



2025 Training Catalog

320 N. Prospect St,
Herkimer NY, 13350
315-894-9917

Catholic Charities of Herkimer County's Training Center is a hub for education, empowerment, and connection. This state-of-the-art facility offers:



- Two **large training rooms** for workshops and professional development
- A dedicated **youth activities** room to inspire creativity and learning
- Private spaces for **one-on-one meetings** or group discussions with program staff

For more information about renting the space, or further details about the amenities available, please reach out to:

Maureen Petrie
315-894-9917

This initiative is made possible through the generous support of the Upmobility Foundation and Catholic Charities of the Diocese of Albany

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Paying for Trainings

For your convenience, all payments required for trainings can be made through the Catholic Charities of Herkimer County website:

www.ccherkimercounty.org/training-center

Workplace Wellness

Team Awareness

Team Awareness NY is a workplace wellness training program designed to increase the overall wellbeing of the workforce and support a healthy work culture. There are three variations that can be facilitated:

Empowered Health Consciousness

How to embrace a wellness focused lifestyle, reduce substance misuse, and increase overall mental wellbeing.

Course Hours - 3

Ripple Effect of Wellbeing

How to recognize and act on the importance of interconnectivity between oneself, workplace, and community.

Course Hours - 2.5

Resilience and Thriving

How to identify the effects of stress and learn healthy coping skills.

Course Hours - 2



Contact: Amy Fahey
afahey@ccherkimer.org

Mental Health and Suicide Prevention

More than Sad: Educators

Teachers and other school personnel can learn how to recognize the signs of mental health distress in students, the warning signs of suicide, and steps that you can take to get help for at risk students.

Course Hours - 2

More than Sad: Parents

Parents and guardians of teen youth can learn how to recognize signs of depression and other mental health problems, initiate a conversation about mental health, and how to get help.

Course Hours - 1.5

Safetalk

Learn common risk factors and warning signs associated with suicides, and how to keep yourself and others safe through protective factors.

Course Hours - 1

Suicide Safety for School Staff

Learn to recognize the warning signs of suicide and understand your role in responding.

Course Hours - 1 Section I | CPP/CPS Initial, CASAC/ CPP/CPS Renewal

Question, Persuade, Refer (QPR) Gatekeeper

A QPR Gatekeeper recognizes and refers those at risk of suicide.

Course Hours - 1

Contact: Jennifer Brewer

jbrewer@ccherkimer.org

Mental Health and Suicide Prevention

Mental Health First Aid

Learn the risk factors and warning signs of various mental health conditions and how to support an individual in these situations with a 5-step plan. This training does not teach you to diagnose, treat, or counsel individuals.

*Course Hours - 8 Section I | CPP Initial, CPS/CASAC/CP
Renewal*

It's Real: Teens and Mental Health for Middle School Students

This training provides young people ages 11-14 with mental health education and resources.

Course Hours - 1

It's Real: Teens and Mental Health for High School Students

This training provides young people ages 14-18 with mental health education and resources.

Course Hours - 1

It's Real: College Students and Mental Health

This training features real stories and experiences of those with depression and other mental health conditions, and it encourages students to be mindful of their mental health, and the steps they can take to get help.

Course Hours - 1

Contact: Jennifer Brewer

jbrewer@ccherkimer.org

Mental Health and Suicide Prevention

Talk Saves Lives: Standard

An American Foundation of Suicide Prevention standardized program that provides participants with an understanding of suicide, up to date research on suicide prevention, and what they can do to save lives.

All Course Hours - 1

Talk Saves Lives: Workplace Setting

This training can be delivered to organizational leadership, managers, or employees, and it provides education about suicide warning signs, risk factors, and the role we all play in suicide prevention.

Talk Saves Lives: Firearms and Suicide

Developed for the firearms community, this training can be presented at a firearms club, a retailer, or to firearms safety course instructors.

Talk Saves Lives: Correctional Environment

Incarcerated individuals and corrections staff are particularly vulnerable to suicide, for a variety of complex reasons.

Talk Saves Lives: Seniors

Learn the warning signs and risk factors in elderly populations and what their loved ones can do to connect them to help.

Talk Saves Lives: LGBTQ

Those in the LGBTQ community face additional challenges and barriers to accessing help due to discrimination, this training informs participants of the best ways to provide care and support to those who need it.

Contact: Jennifer Brewer

jbrewer@ccherkimer.org

Substance Misuse & Gambling Prevention

Generational Impact of Substance Misuse: Strategies for Prevention and Intervention

This training equips participants with knowledge, skills, and practical strategies to address and mitigate the generational impact of substance misuse.

Course Hours - 1 Section II | CPP/CPS Initial, CASAC/ CPP/CPS Renewal

Understanding Addiction & the Development of the Adolescent Brain

This training provides individuals with a better understanding of the science behind addiction and recovery in adolescents.

Course Hours - 1 Section I | CPP/CPS Initial, CASAC/ CPP/CPS Renewal

Underage Gambling and Gaming Prevention

Learn about gaming and underage gambling, emerging trends, the risks of underage gambling for youth, and steps you can take to prevent it.

Course Hours - 1 Section I | CASAC/CPS/ CPP/ CPP-G/ CASAC-G/ CPGC Renewal

Opioid Overdose Prevention

The objectives of this presentation are to help individuals understand opioids, learn how to recognize if an individual is experiencing an overdose, how to respond & understand what Naloxone/Narcan is.

Course Hours - 1 Section I | CPP/CPS Initial, CASAC/ CPP/CPS Renewal

Contact: Amy Fahey

afahey@ccherkimer.org

Substance Misuse & Gambling Prevention

Teen Intervene

Learn how to implement this evidence based program for teenagers (12-19) experiencing mild to moderate problems associated with alcohol or other drug use.

Course Hours - 2 Section II | CPP/CPS Initial, CASAC/ CPP/CPS Renewal

Screening, Brief Intervention, and Referral to Treatment (SBIRT)

Develop the knowledge, skills, and abilities to facilitate SBIRT utilizing assessment tools and motivational interviewing techniques.

Course Hours - 4 Section I or 12 Section I | CPP/CPS Initial, CASAC/ CPP/CPS Renewal

Signs and Symptoms of Substance Abuse

Learn to recognize drug misuse and paraphernalia that could indicate substance use, and where to get help.

Course Hours - 1

Signs and Symptoms for School Violence

Participants learn what to look for, when to speak up, an overview of risk factors, and threats that could be a red flag for destructive behavior.

Course Hours - 1

Contact: Amy Fahey

afahey@ccherkimer.org

Substance Misuse Education

Herkimer County Current Trends

This training covers substance misuse current trends experienced throughout Herkimer County.

Course Hours - 1

The Opioid Epidemic

This training provides an overview of today's opioid problem including the use and abuse of prescription medication and how this has impacted the rise in heroin use, fentanyl, and similar substances.

Course Hours - 1

Barely Legal: Dangerous Substances Under the Regulatory Radar

An overview of synthetic drug distribution and sales trends facing youth, as well as insider marketing information regarding how to identify packaging schemes aimed at youth.

Course Hours - 2 Section I | CPP/CPS Initial, CASAC/ CPP/CPS Renewal

Understanding the Vaping Trend: A Community Conversation

This course will help parents and community members identify trends, dispel myths, and recognize signs and symptoms of current vaping trends in our community.

Course Hours - 1 Section I | CPP/CPS Initial, CASAC/ CPP/CPS Renewal

Contact: Amy Fahey

afahey@ccherkimer.org

Substance Misuse Education

TIPs

This course provides the legal responsibilities for selling and serving alcohol, explains illegal sales, and provides extensive information about checking IDs and documenting incidents. It also describes signs of intoxication to look out for and other relevant information about alcohol to help servers serve more responsibly. Versions offered are on-premises, off-premises, and University.

Course Hours - 2-4

Joints, Spliffs, & Blunts

Learn to identify signs and symptoms of withdrawal and prevention techniques for marijuana use for those who work with, or family of, college age students and teens.

Course Hours - 1

Meth: An Overview for Educators, Parents & Caregivers

A presentation designed to provide individuals with the signs of methamphetamine use, the consequences, both short and long-term, legal implications, and tips for how to talk to adolescents or young adults about potential use.

Course Hours - 1 Section I | CPP/CPS Initial, CASAC/ CPP/CPS Renewal

Contact: Amy Fahey

afahey@ccherkimer.org

Recovery

CCAR Recovery Basics

This course explores how to support and advocate for recovery, and provides a brief overview of the Recovery Coach Academy material.

Course Hours - 7 Section I | CARC/CRPA Initial; CARC Renewal

CCAR Recovery Coach Academy

This training provides individuals with the skills needed to guide, mentor, and support anyone who would like to enter or sustain long-term recovery from addiction.

Course Hours - 30 Section I (11.50 hrs) and III (18.50 hrs) | CPP/CPS Initial, CASAC/PPP/CPS Renewal, CARC/CRPA Initial

CCAR Ethical Considerations for Recovery Coaches

Understand how critical it is to be ethically responsible in your role in recovery support services.

Course Hours - 16 Section I | CPP/CPS Initial, CASAC/PPP/CPS Renewal, CARC/CRPA Initial

CCAR Spirituality for Recovery Coaches

This training will help you as a recovery coach understand spirituality, and how you can help others in their own process of discovering spirituality.

Course Hours - 12 Section I | CPP/CPS Initial, CASAC/PPP/CPS Renewal, CARC Initial, CARC/CRPA CE

CCAR Recovery Coaching & Professionalism

Learn the standards for working in recovery such as personal accountability and other ethical considerations.

Course Hours - 12 Section I | CPP/CPS/CARC Initial, CASAC/PPP/CPS/CARC/CRPA Renewal

Contact: Amy Fahey

afahey@ccherkimer.org

Recovery

CCAR Recovery Coaching in the ER

This course describes the roles and functions of a Recovery Coach working in the ER, your responsibilities versus other ER staff, and skills to help you advocate.

Course Hours - 12 Section I | CPP/CPS Initial, CASAC/ CPP/CPS Renewal, CARC Initial, CARC/CRPA CE

CCAR Coachervision

This training defines expectations of Recovery Coach oversight/supervision, explains how organizational culture can support a Coachervision model, and the importance of both roles.

Course Hours - 12 Section I | CPP/CPS Initial, CASAC/ CPP/CPS Renewal, CARC Initial, CARC/CRPA CE

Medication Support Recovery/MAT for Peers

Medication can be an important part of addiction treatment and recovery, this training will explore the concept of medication used in treatment and recovery. This workshop also gives participants an opportunity to explore their own biases towards this often stigmatized recovery pathway.

Course Hours - 4 Section I | CPP/CPS Initial, CASAC/ CPP/CPS Renewal, CARC/CRPA Initial/CE

Our Stories Have Power

This training will provide a voice and dialogue to allow those in recovery and their family members the opportunity to share their experiences with others.

Course Hours - 3 Section I | CPP/CPS Initial, CASAC/ CPP/CPS Renewal, CARC/CRPA Elective/CE

Science of Addiction and Recovery

This training provides individuals a better understanding of the science behind addiction and recovery.

Course Hours - 6 Section I | CPP/CPS Initial, CASAC/ CPP/CPS Renewal, CARC/CRPA Elective/CE

Contact: Amy Fahey

afahey@ccherkimer.org

Internet Safety and Trafficking

I am Little Red (Erin's Law Approved Curriculum)

This presentation for grades 7 & 8 starts with a 10 minute animated movie, followed by a discussion about different tactics traffickers use, and how to use internet safely.

Course Hours - 45 Minutes

Internet Safety (Grades 3-12)

This interactive presentation includes information on various apps, video games, and other platforms, as well as safety settings.

Internet Safety/Human Trafficking 101 (Grades 9-12)

This interactive presentation includes information from "Internet Safety (Grades 3-12)", as well as tactics traffickers use, red flags, and indicators.

How Human Trafficking Affects the LGBTQIA+ Community (Grades 9-12)

This presentation includes information on human trafficking such as tactics traffickers use, red flags, statistics, with a focus on the LGBTQIA+ population.

Sextortion & Suicide (Grades 8-12)

Participants will be able to understand what sextortion is, identify red flags, and learn how sextortion can relate to suicide and mental health challenges.

Contact: Taylor Money

tmoney@ccherkimer.org

Internet Safety and Trafficking

Identifying Commercialized Sexual Exploitation of Children (CSEC) Parts 1 & 2 (Administration or Adults)

This training includes identifying red flags, learning trauma informed principles for responding to youth, and how to support trafficked youth.

Safety Planning Around Social Media (Administration or Adults)

This training includes information on various apps, human trafficking, and how to safely use social media/the internet to create a Safety Plan.

How Social Media Affects Child Exploitation (Administration or Adults)

This training includes information on various apps, how the apps are being used in Human Trafficking, and how to use these apps to protect private information.

Sextortion & Suicide (Administration or Adults)

Participants will be able to understand what sextortion is, identify red flags, and learn how sextortion can relate to suicide or mental health challenges.

Labor Trafficking: Lessons Learned & Survivor Diary (Adults)

This presentation provides information on labor trafficking, what it looks like in a rural vs. urban area, and a survivor story from a client Herkimer County has worked with.

Contact: Taylor Money

tmoney@ccherkimer.org

Domestic Violence

For more information about any of the following trainings, please reach out to Jackie Ward. All trainings are about 1 ½ hours, but can be adjusted for the needs and preferences of the participants.

For Professionals & Advocates

- Understanding the Dynamics of Domestic Violence
- Trauma-Informed Care in Domestic Violence Services
- Safety Planning and Risk Assessment
- Legal Advocacy for Survivors
- Supporting Survivors: Best Practices for Case Management
- Domestic Violence and the Child Welfare System
- Confidentiality and Ethical Boundaries in Advocacy
- Strangulation and its Implications in DV Cases

Specialized Topics

- Technology Abuse and Digital Safety
- Financial Abuse: The Hidden Tactic of Control
- LGBTQ+ Intimate Partner Violence
- Substance Use and Domestic Violence: Intersectional Challenges

Contact: Jackie Ward

jward@ccherkimer.org

Domestic Violence

For Law Enforcement, Healthcare, and other Frontline Responders

- First Responders & Domestic Violence: A Trauma-Informed Approach
- The Role of Law Enforcement in DV Intervention
- Medical Professionals & Domestic Violence: Screening and Responding
- Domestic Violence and Mandatory Reporting: What You Need to Know
- Collaborative Responses to DV: Building Interagency Partnerships

For Community Members and General Audiences

- Domestic Violence 101: What Everyone Should Know
- Recognizing the Signs: How to Help Someone in an Abusive Relationship
- Healthy Relationships and Boundaries
- Bystander Intervention: How to Respond Safely
- Breaking the Silence: Ending Stigma Around Abuse
- Teen Dating Violence Awareness & Prevention
- Empowering Survivors: A Community Approach

Contact: Jackie Ward

jward@ccherkimer.org

Domestic Violence

For more information about any of the following trainings, please reach out to Jackie Ward. All trainings are about 1 ½ hours, but can be adjusted for the needs and preferences of the participants.

For Teens/School Settings

- Real Talk: Building Healthy Relationships
- Love Is Respect: Knowing the Signs of Abuse
- What Does Love Look Like? Understanding Boundaries & Respect
- Dating Without Drama: Conflict, Communications & Consent
- The Truth About Teen Dating Violence
- Say What You Mean: Communicating in Healthy Ways
- Screen, Secrets, & Safety: Navigating Online Relationships
- Influencers & Impact: Media Messages About Love & Control
- Red Flags in DMs: Recognizing Toxic Behavior Online
- Know Your Power: Setting Boundaries & Supporting Friends
- Stand Strong: Respecting Yourself and Others in Relationships
- Everyone Deserves Respect: Recognizing Abuse in All Relationships
- When Love Hurts: Coping, Healing, and Getting Help

Contact: Jackie Ward

jward@ccherkimer.org

Other Trainings

Medicare 101

This training provides basic knowledge, including how to enroll in Medicare.

Course Hours - 1-2

Nutrition Outreach and Education Program and SNAP

This training defines the Supplemental Nutrition Assistance Program benefits, eligibility requirements, application process, and how NOEP can provide education and support

Course Hours - 1/2 - 1

Contact: Rae Raffle-Maxson rmaxson@ccherkimer.org

Creating a Safe Space in a Diverse Community

Participants gain an understanding of how cultural diversity and ACEs impact an individual's learning environment, and suggestions for how to make it a safer space.

Course Hours - 1 Section IV | CPP/CPS Initial, CASAC/ CPP/CPS Renewal

Transgender, Gender Non-Conforming, Non-Binary Cultural Competency

Learn to address cultural competence and it's impact on working with clients from a variety of backgrounds, as well as address participant's own implicit biases.

Course Hours - 6 Section I | CPP/CPS Initial, CASAC/ CPP/CPS Renewal

ACEs: Adverse Childhood Experiences

NEAR Science Training explores the impact of ACEs and the far reaching behaviors created by traumatic events.

This training helps to understand, recognize, and prevent these events, while also equipping professionals with skills to respond to behaviors linked to trauma.

Course Hours - 3-6 | CEU - TBD

Contact: Amy Fahey afahey@ccherkimer.org



CATHOLIC CHARITIES

HERKIMER COUNTY

TRAINING CENTER

“Our mission is to uplift and empower individuals and families in Herkimer County, fostering dignity and enhancing their quality of life. Through empowerment programs, advocacy for social justice, and partnerships with compassionate individuals and organizations, we strive to create a more equitable society. Through our actions and engagement, we aim to raise awareness and inspire others to join us in addressing the needs of our community.”

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