



Caregiver Education & Support Group Series

Looking for Caregiver Training? We are now offering an in-person/hybrid (Zoom) caregiver education and support group series.

This series of eight interactive workshops is designed to empower caregivers with tools, techniques and knowledge to provide support and expert care for people with Intellectual and Developmental Disabilities.

Location: 5417 Madison Ave. Sacramento Ca. 95841 and Zoom

Start Day: July 9th and July 10th

Times: Tuesdays - 10 to 12pm and Wednesdays - 3pm to 5pm

Space is limited to 15 in-person participants and 15 hybrid participants.

Hybrid spots are reserved for attendees who live a significant distance from the location (Truckee, Grass Valley, Marysville, etc...)

**REGISTER
HERE**

IN PERSON



ZOOM



TOPICS

WEEK 1: Mental Health and Mental Disorders

Learn the difference between mental health and mental disorders. Explore the different classes of mental illness based on DSM-5-TR. Discuss the types of treatment utilized for symptoms and diagnosis of mental disorders

WEEK 2: Executive Functioning

Gain understanding of different set of skills that are necessary for the process of cognitive control of behaviors. Increase understanding as to how executive functioning deficit impacts a person's ability to think, plan, self-control, self-manage, being able to manage time and stay organized, and adapt to change.

WEEK 3: Trauma and Intellectual and Developmental Disability

Learn what trauma is, the different types of trauma a person can experience. Discover how early childhood trauma changes development (cognitive, physical and emotional). Learn about the how trauma symptoms present in individuals with IDD.

WEEK 4: Common Mental Health Disorders and Symptoms

An overview of Anxiety Disorder, Depression, ADHD and the impact on a person's overall functioning. Gain understanding of the differences and similarities amongst these disorders. Learn about different types of treatment utilized.

WEEK 5: Challenging Behaviors

Learn about the common challenging behaviors experienced by a person with IDD. Gain understanding of the underlying reasons for challenging behaviors and factors that increase the likelihood of challenging behaviors.

Week 6: MEDICAL CONDITIONS AND IMPACT ON OVERALL WELL BEING

An overview of most common medical conditions identified in individuals with IDD. Increase knowledge and understanding as to how medical conditions can impact a person's mental and behavioral health symptoms.

WEEK 7: Cultivating Wellness with Strengths and PERMA

Learn the importance of identifying strengths in ourselves and others. Explore different ways to use strengths to increase confidence and decrease frustration, irritability. Discuss the meaning of PERMA and ways to increase overall well being for caregivers and people with IDD.

WEEK 8: Introduction to Psychiatric Medication

This is a Q&A session with START medical director about psychiatric care. Common types of psychiatric medications, what medication commonly used for what mental health disorders. BRING YOUR QUESTIONS!!!