



First District Training Schedule

March 2025

Advocate Trainer Kootenai, Shoshone & Benewah: Kim Banta Kim@NorthIdahoCasa.org
 Advocate Trainer Bonner & Boundary Trainer: Jessie Sheldon Jessie@NorthIdahoCasa.org

CASA Facilitated

Date/Time	Topic	Description	Access	Notes
Saturday, March 1 st @ 8:00-11:00am	<i>“Refuse to be a Victim”</i>	<p>You stand a much better chance of preventing a criminal attack if you develop a safety plan before you need it</p> <p>Melody Behmer, a CASA Advocate, will teach this seminar on easy-to-understand methods for increasing awareness and preventing criminal confrontation. Topics include: Home & Phone Security, Psychology of Criminal Mind, Auto and Travel Safety, Self Defense Devices and more!</p>	<p>CDA CASA Office or Zoom</p> <p>Join Zoom Meeting https://zoom.us/j/92518350904?pwd=e0FnmDPA0Z4ia6hmvxjtCmFMfJU5fl.1</p> <p>Meeting ID: 925 1835 0904 Passcode: 484065</p> <p>RSVP to Kim@NorthIdahoCASA.org</p>	
Wednesday, March 5 th @ 12:00-2:00PM	<i>Children of Trauma & Resilience</i>	<p>The Idaho Resilience Project A foundational training on child development – the effects of trauma and practical strategies for daily integration</p>	<p>CDA CASA Office – come watch with us or zoom / registration to watch independently on attached flyer/QR code</p>	
Wednesday, March 19 th @ 5:30-7:00pm Pizza social at 5:00pm	<i>Understanding Attachment: The Foundation for Supporting Children’s Growth and Resilience</i>	<p>Keith Orchard, LCSW, serves as the Mental Health Coordinator for Coeur d’Alene Public Schools. This session will introduce CASA advocates to the concept of attachment and its critical role in shaping children’s behavior and relationships. We’ll explore how attachment influences emotional and social development, helping advocates better understand student patterns. Participants will also reflect on their own attachment styles and how they affect their work with children. By the end of the session, advocates will gain insights into how attachment theory can inform their approach to supporting children’s emotional well-being and resilience.</p>	<p>CDA CASA Office or Zoom</p> <p>Join Zoom Meeting https://zoom.us/j/95729811764?pwd=hhsgDPe9XwTrzWtMdOueuCoLbd0quw.1</p> <p>Meeting ID: 957 2981 1764 Passcode: 351271</p> <p>Pizza social from 5:00 – 5:30 Please RSVP to Kim@NorthIdahoCASA.org</p>	

<p>Wednesday, March 26th, 12:00-2:00pm</p>	<p>Mountain States Early Head start</p>	<p>Mikayla Brown, Community Outreach Specialist, will be here to share about their program. They help children and families from pregnancy through the first three years of life. The program's goal is to help children develop skills that will help them succeed in school and life. Services include home visits, playgroups and nutrition.</p>	<p>Sandpoint CASA office or Zoom</p> <p>Join Zoom Meeting https://us02web.zoom.us/j/4652100994 Meeting ID: 465 210 0994</p>	
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Externally Facilitated (Independent Study)

Date/Time	Topic	Description	Access	Notes
<p>On demand 1.5 hours</p>	<p><i>Strategies that Build Connection and Empathy with Children Using The Power of Perspective-Taking</i></p> <p>Early Childhood Webinars</p>	<p>In our early childhood programs and communities, often we focus on the skills of kindness and empathy as a way for children to connect with others in a caring, positive way. Yet a skill often overlooked is perspective-taking. “Perspective taking skills” refer to the ability to understand and consider a situation from another person’s point of view, encompassing their thoughts, feelings, and experiences and putting aside our own. It goes beyond empathy, as it not only understanding someone’s emotions, yet also understanding their reasoning and viewpoint. This session will focus on how we can support children’s growth in these skills, sharing specific examples that can be shared in early childhood programs and with families.</p>	<p>Webinar Registration - Zoom</p>	
<p>Tuesday, March 18th@ 10:00 -11:30AM</p>	<p><i>Impact of Trauma Exposure on Professionals</i></p> <p>Greater Richmond SCAN</p>	<p>This training will help participants identify symptoms and warning signs of traumatic stress as well as learn the differences between three common trauma exposure responses: secondary traumatic stress, compassion fatigue, and burnout. We will discuss strategies for responding to trauma exposure and provide resources that professionals can use to mitigate the impact of trauma exposure and improve wellness.</p>	<p>Meeting Registration - Zoom</p>	
<p>Wednesday, March 26th @ 8:00am-1:15pm</p>	<p><i>Anxiety and OCD in Kids and Teens</i></p> <p>McLean Hospital</p>	<p>Be the Difference for Kids Struggling With Anxiety and OCD Anxiety disorders among young people are on the rise, and here’s the troubling reality: many won’t receive the correct diagnosis or treatment until they’re adults. But you have the power to change that story. Join Anxiety and OCD in Kids and Teens, a transformative course led by experts from McLean Hospital and beyond. This program equips you with the tools and insights to truly support the children and families who turn to you for help.</p> <p>What You’ll Gain</p> <ul style="list-style-type: none"> • A deep understanding of anxiety and OCD in young people • Practical strategies for recognizing and diagnosing these conditions early • Insight into the critical role adults play in supporting kids through their mental health challenges • The latest, evidence-based approaches to effective treatment 	<p>Anxiety and OCD in Kids and Teens Course 2025 Registration, Wed, Mar 26, 2025 at 11:00 AM Eventbrite</p>	