Supplemental Trainings for Workforce Providers

**SELF-CARE AND BOUNDARIES**

Provider Wellbeing & Self-Care: Mindfulness-Based Self-Regulation (59 minutes)
Click: [Provider Wellbeing & Self-Care: Mindfulness-Based Self-Regulation (wellbeing4la.org)]

Provider Wellbeing & Self-Care: Radical Acceptance (59 minutes)
Click: [Provider Wellbeing & Self-Care: Radical Acceptance (wellbeing4la.org)]

Supporting Wellbeing in the Workplace: Boundary Management
Click: [Supporting Wellbeing in the Workplace: Boundary Management (wellbeing4la.org)]

**MOTIVATIONAL INTERVIEWING**

Motivational Interviewing for Adolescents and Young Adults Using Cannabis (44 minutes)
Click: [Motivational Interviewing for Adolescents and Young Adults Using Cannabis (wellbeing4la.org)]

**WORKING WITH LGBTQ YOUTH**

Providing Quality Services to LGBTQ People: An Introduction for Staff
Click: [Providing Quality Services to LGBTQ People: An Introduction for Staff (wellbeing4la.org)]

Meeting the Needs of LGBTQ People: Best Practices for Affirming Communication
Click: [Meeting the Needs of LGBTQ People: Best Practices for Affirming Communication (wellbeing4la.org)]

**WORKING WITH IMMIGRANT POPULATIONS**

Breaking Barriers: Using Community-Engaged Approaches to Address Trauma and Mental Health Disparities in Immigrant Populations
Click: [Breaking Barriers: Using Community-Engaged Approaches to Address Trauma and Mental Health Disparities in Immigrant Populations (wellbeing4la.org)]
Immigrant Children and Families and COVID-19
Click: Immigrant Children and Families and COVID-19 (wellbeing4la.org)

TRAUMA INFORMED CARE

Trauma Informed Care
Click: Trauma Informed Care (wellbeing4la.org)

SUICIDE PREVENTION

Youth Suicide Assessment and Prevention Training
Click: Youth Suicide Assessment and Prevention Training (wellbeing4la.org)

Suicide Prevention in a Virtual Classroom
Click: Suicide Prevention in a Virtual Classroom (wellbeing4la.org)

ADRESSING RACISM AND ANTI-RACIST WORK

The Courageous Educator: Addressing Racism and Microaggressions in the Classroom
Click: The Courageous Educator: Addressing Racism and Microaggressions in the Classroom (wellbeing4la.org)

Praxis of Intersectionality: Examining our Axes of Power and Oppression to Support Our Anti-Racist Work and Cultural Responsiveness
Click: Praxis of Intersectionality: Examining our Axes of Power and Oppression to Support Our Anti-Racist Work and Cultural Responsiveness (wellbeing4la.org)